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*The Men's  
Health Guy*  
**ZANJOE  
MARUDO**  
*From underdog to  
alphamale*

MARCH 2015

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# LIGHT

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This season, Lacoste footwear sees classic court styles reimagined to embody the brand's founder, René Lacoste's, passion for perfection. Taking his on-court style off the court and offering a collection that nods to Lacoste's prestigious heritage whilst, at the same time, offering footwear that is considered and contemporary for the summer months.

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# Did you know?

- 1 Erectile dysfunction is the inability of a man to sustain an erection.
- 2 Contrary on what some men used to believe, being intoxicated does not make lovemaking even better. Alcohol is a depressant and it decreases sexual desire.
- 3 There is no truth in the saying that tight underwear can contribute to erectile dysfunction. Wearing of tight underwear, however, can lead to infertility problems.
- 4 Erectile dysfunction can also be an outcome of physiological factors like having heart disease, diabetes and high blood pressure or kidney disease.
- 5 Cycling can cause erectile dysfunction. It's because when you ride a bike, most of your weight is on the crotch.

## Sure **FIRE** to Boost the **DESIRE**

Of the 3.5 billion men living on the planet, about 100 million of them are affected by the inability to have erections—what a sad and tough life they have. Unfortunately, the statistic is foreseen to double by the end of 2025. Reasons like stress, aging, lack of time and energy are the culprits that lead men to have this horrible and ghastly experience. But thankfully, there is something that can help you exclude yourself from being one of the unfortunate number — Robust Extreme dietary supplement for men!

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# From the Editors™

## The Alpha Gene

**We read plenty of lines in this job on a daily basis.** One sentence strikes me in this issue, on page 52, our story about what it takes to be an alpha male: "There's a reason wimps don't become the boss."

One man comes to mind: my father. My aunt, his eldest sister, recalls that he'd be bullied and beaten, but would never fight back or tell any of his siblings who did it. He's a man of a few words, mainly corny jokes and punch lines during family gatherings. My mother shares that he'd always stay silent during their arguments. (My mom, you see, has the "speak-what-you-feel" gene, an inside joke in her side of the family.) "*Gulat na gulat nga ako na naging pulitiko sya kasi takot na*

*takot yan magsalita* in public," my aunt adds, during one of our latest conversations, as I was digging about the kind of man my father was.

He died 12 years ago. His funeral, I was told at the time, had the second largest crowd in attendance for our small barangay's history. (Google San Felipe, Tantangang, South Cotabato, and you'll see it's an insignificant dot somewhere near the bottom of Mindanao). There are not a lot of us who'd leave this earth with anything named after them, but there's a hall inside the Department of Agriculture's Agricultural Training Institute in the SOCCSKSARGEN region with this former barangay *kapitan's* name on it.

That doesn't necessarily make him an alpha, if we go by popular opinion. He never dominated (or tried to dominate) any room or conversation he was in. I imagine he'd knock the back of my head, had he not succumbed to liver cancer in 2003, if he read this. But to this day, he's fondly remembered—not just by loved ones—but by complete strangers in our barangay once they know Abraham Belo is my father. "*Ang tatay mo* is one of the greatest leaders this place has known," I remember an elementary school teacher telling me last December.

The point of all this is to supplement the lessons you'd learn in the article "The Road to Alpha-Ville." The values to be the alpha in your own field are enumerated there. But my father's example attempts to add a postscript: Not all alphas are pricks. Most of them could be, but there's a gentle, kind way to lead and earn the respect of men.

Also, let's make one thing very clear: Not all pricks are alphas.

## Deputy Managing Editor

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# 00:02

## LIFESAVERS

1

### DEFUSE AN ANGRY WOMAN

To avoid the same stupid arguments—"No, I wasn't looking at her in that way," "I went down last time, it's your turn!"—change your fight routine, advises Lauri Puhn, J.D., author of *Fight Less, Love More*. Don't jump to your own defense. Instead, ask her neutral questions like "How do you think this should have gone?" or "Why do you think that happened?" Alter the dynamic up front, and you'll achieve a harmonious ending.

2

### BLOW YOUR OWN HORN

Chances are, everybody in the office (including the boss) hates the glory grabber. So as you tout your accomplishments—you do have some, right?—include your team by saying "we" instead of "I," suggests Ivan Joseph, Ph.D., director of athletics at Ryerson University. It highlights your own successes and shows you're a team player, so you'll gain support in the office scramble that can help you earn a promotion.

3

### ESCAPE A LIFE RUT

Scout out your next adventure based on what's missing from your day, advises Jim Sibthorp, Ph.D., a professor at the University of Utah. Is your boss a micromanager? Take a rock climbing course, where you learn to exert control in high-pressure situations. Want a wider social circle? Introduce yourself to everyone on your block. Challenge yourself by pursuing activities that make you uncomfortable and that have uncertain outcomes

→  
We couldn't have done it without...

### Jeff Pagaduan, C.S.C.S.

Pagaduan is a lecturer at the UP Diliman's College of Human Kinetics. He's also a certified strength and conditioning specialist who's handled athletes across different sports. He shares his insight on how to get 6-pack abs on p.62.

#### What are you doing to have a beach-ready body?

"Aside from strength training and basketball, I also play Petanque."



### Paulo Sotelo

Sotelo is 360 Fitness Plus Alabang's resident senior coach. He also has certifications from Functional Movement Systems, the International Kettlebell Sport and Fitness Academy, Columbus Weightlifting and Triggerpoint Performance. He dissects the proper form of the front squat on p.93

#### What are you doing to have a beach-ready body?

"I make sure I keep on moving and eat as clean as possible."



### Ferdinand Manabat

Manabat is a certified personal trainer by the Aerobics and Fitness Association of America and is a Rip:60 Master Trainer for Gold's Gym Philippines. This month, he writes how you can do your best push-up on p.98.

#### What are you doing to have a beach-ready body?

"I do circuit training every day but it's split with two different sets of exercises."







# *The New* **CIVIC** *UNMATCHED*

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## EXPERT OF THE MONTH

### Aoo Felipe, M.D.

Aoo Felipe, M.D., is a graduate of the University of the Philippines-Philippine General Hospital, and is currently a senior resident of Internal Medicine at the National Kidney and Transplant Institute. On his free time, he enjoys playing football, writing, and traveling with his wife. This month, he shares his insights in "The Road to Alphaville" on p.52.

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Dr. Canlas is the section chief for sports medicine at the Institute of Orthopedic and Sports Medicine, St. Luke's School of Medicine. He is also the medical director of the Philippine Center for Sports Medicine of the Philippine Sports Commission.

### EDGAR MICHAEL T. EUFEMIO, MD, FPOA

Dr. Eufemio is the head of the University of the Philippines-Philippine General Hospital (UP-PGH) Department of Orthopedics Sports Clinic.

### AMBROSIO VALDEZ III, MD, FPOA

Dr. Valdez is an orthopedic surgeon who went to fellowship training in sports medicine at the University of Cincinnati, and in cartilage resurfacing at Mercy Private Hospital in Melbourne, Victoria, Australia.

### PHYSICAL MEDICINE AND REHABILITATION (PM&R)

**EDMUND L. MARTINEZ, MD, FPARM, DPBRM**  
Dr. Martinez is the section head of the Physical Therapy Unit of the Hospital of Infant Jesus, and dean of the College of Physical Therapy of San Juan De Dios Educational Foundation.

**JOSE BONIFACIO RAFANAN JR., MD, FPARM**  
Dr. Rafanan is the head physiotherapist at the sports clinic of the UP-PGH. He also had his clinical observance in sports medicine at Duke University.

### MARK HOMER T. TIANGCO, MD, DPBRM, FPARM

Dr. Tiangco is the head of the Physical Medicine and Rehabilitation Department of Angeles University Foundation Medical Center in Angeles City. He's also a consultant for MegaClinics in SM Megamall in Mandaluyong City.

### STRENGTH AND CONDITIONING

**HERCULES PAULINO CALLANTA, CSCS**  
Callanta is an associate professor at the College of Human Kinetics of UP Diliman. He develops and implements specific fitness and training programs for athletes in badminton, swimming, basketball, football, and weightlifting.

### LUIGI T. BERCADES, MS, CSCS

Bercades received his master's degree in exercise physiology from the University of Oregon, and is currently teaching at the Auckland University of Technology.

### CARLOMAGNO CANTA, CSCS

Canta is a Certified Strength and Conditioning Specialist. He has handled the conditioning of numerous champions in wrestling, mixed martial arts, softball, basketball, rowing, football, and has been invited to contribute in various military units such as the Philippine Scout Rangers and Philippine Military Academy.

### FITNESS & EXERCISE

### JIM SARET, MSAT, PES, SAQ, CAPT

Saret is the sports training consultant for the Philippine Olympic Committee and is a host and trainer for the TV Show *The Biggest Loser*.

### NUTRITION

**ARMANDO MENDOZA JR., PTRP**  
Armando Mendoza is a licensed physical therapist, holding international certifications for personal training, lifestyle and weight management coaching, sports nutrition, and contemporary Pilates. He trains clients at B-Infinity Studio in Bonifacio Global City, Taguig.

### LUZ FELICIDAD

**SOCRATES CALLANTA, MS**  
Callanta holds a master's degree in nutrition from UP Diliman. She lectures on sports nutrition in different schools and teaches at the College of Home Economics of UP Diliman and the Center for Culinary Arts (CCA).

### MENTAL HEALTH

**KAY BUNAGAN, MA**  
Bunagan is a counseling psychologist at Better Steps Psychology, a firm that offers counseling and training services. She earned her Master of Arts in counseling psychology at the Ateneo De Manila University.

### ERIC JULIAN MANALASTAS, MSC, CSSP

Eric Manalastas is a certified specialist in social psychology of the Psychological Association of the Philippines. He received his master's from the University of Amsterdam in the Netherlands.

### STATISTICS

### ENRIQUE TAYAG, MD, PHSAE, FPSMID

Dr. Tayag is the director of the Department of Health-National Epidemiology Center (DOH-NEC). His group keeps track of Philippine health statistics, including the mortality of the many diseases that afflict Filipinos around the country.

### DERMATOLOGY

### PAMELA JANE KWOK-GO, MD

Dr. Kwok-Go is a fellow of the Philippine Dermatological Society. She got her medical degree at the University of Santo Tomas and completed her residency in dermatology at the East Avenue Medical Center Department of Dermatology.

### DENTISTRY

### ARMIN G. SEGARRA, DMD

Dr. Segarra graduated from the UP College of Dentistry. He has received a postgraduate certificate in advanced education in general dentistry at the University of Minnesota. He is now teaching as an assistant professor in restorative dentistry and fixed partial prosthodontics at UP Manila.

### EUGENIE AMANDA V. ROQUE, DMD

Dr. Roque graduated doctor of dental medicine at the Centro Escolar University. She finished her post-graduate residency and postgraduate training in pediatric dentistry at the Philippine Children's Medical Center.

### EMERGENCY MEDICINE

### DANIEL LUCHANGCO, MD, FPECM

Dr. Luchangco is head of the Emergency Department at Mandaluyong City Medical Center, and emergency consultant at Makati Medical Center and UERM. He's a member of the American College of Emergency Physicians.

### SURGERY

### EDGARDO P. PENSERGA, MD

Dr. Penserga finished medicine at the Cebu Institute of Medicine and his post-graduate internship at the Silman University Medical Center. He is the chairman of the Hospital Committee on Operating Room/Delivery Room Post-Anesthesia Care Room at the Victor R. Potenciano Medical Center.

## ASK THE EXPERTS

### What's the best counter-move against gingivitis?

• JOJO, VIA E-MAIL

Visiting a dentist's chair is your best bet. When your gums bleed easily after you brush or floss, it means there is inflammation caused by plaque. Severity varies from case to case, so it's always wise to see a specialist who can determine an appropriate treatment plan.



Diane V. Selvido, D.D.M., dentist at the Smile Ability Dental Clinic

### What exercises can I do for stronger ankles ready for high impact sports, like football and basketball?

• CHRIS, VIA E-MAIL

Incorporating balance exercises into your routine may help strengthen your ankles. Here's a simple move you can do: Standing on one leg for a period of time and then shifting to the other leg can improve your stability. Do it for 30 to 40 seconds, for 3 to 5 sets. If it becomes too easy, put more time on that clock and up the challenge by keeping your knee high.



Mindy Lagdameo, certified coach at Crossfit MNL



# HARDCORE HEADSTAND



The Headstand is an inversion workout.  
It improves circulation, alignment, and core stability.

## 1. Set up your base tripod position/ triangle



On your knee position, roll the top of your head on the mat (look for the spot that is light and comfortable). Place your hands flat on the floor, palms flat and shoulder width apart, inches away in front of your face. Make sure your elbows are at right angles and in tight, not bowed out.



Solidly connect with the floor with your head and palm. Weight should be on head and palm in a triangular position.

## 2. Walk your feet towards your face



Flex your toes and press it to the floor. Lift the glutes and walk your feet as close as you can towards your face and it will start to get light.

## 3. Into elbow



Place one/both knees to elbow. Brace your core. Bring the hips into spine alignment by lifting through the core and knees.

## 4. Headstand



Uncurl and make a straight alignment.

## 5. Dismount



Slowly bend the knees by bringing it to your elbows and into the floor.

## Australian Chicken & Corn Vermicelli Soup

### Ingredients

- 250g Sapporo Long Kow Vermicelli (sotanghon)
- 1 kilo chicken breast fillet, trimmed
- 2 tbsps. vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- A thumb sized ginger, peeled, finely chopped
- Chicken stock
- 3 cobs sweet corn, kernels removed
- 1 tbsp. soy sauce
- 1/3 cup fresh coriander leaves, finely chopped
- Salt and pepper to taste

### Procedure

Place Sapporo Long Kow Vermicelli (sotanghon) in a bowl with hot water and let it stand for 10 minutes or until it gets tender. Drain and set aside. Meanwhile, heat oil in a large saucepan over medium heat. Add in onions, garlic and ginger and saute for 3 minutes or until onion softens. Pour in the chicken stock and bring to a boil. Add in the corn kernel, chicken fillet and soy sauce. Reduce the heat and simmer until chicken is cooked through. Put in the sotanghon and simmer for another minute. To add flavor, mix in the coriander, salt and pepper. Best served hot.



In order to complement your workouts and refuel your body, choose foods that are rich in protein and omega-3 to build muscle mass and power. This will help in giving you the nutrients that you need to power through with your intense training. Sapporo products are definitely the best choice for those who need healthy and delicious recipes to aid in their fitness journey. Combined with the right ingredients, there are endless recipes to explore.

Be sure to check out the different dishes you can make by visiting [www.sapporoproducts.com](http://www.sapporoproducts.com).



# Ask MH™

LIFE'S QUESTIONS, ANSWERED  
EDITED BY VINCE VEGA

## Q I can't seem to execute my hang snatch smoothly. What am I doing wrong?

• MIGS, VIA FACEBOOK

Unlike Adam Sandler's recent films, landing a crisp hang snatch in your boost-my-explosive-power set should always be a hit, rather than a sloppy miss. Put your technique to the test with this step-by-step guide from Mindy Lagdameo, a CrossFit level one and gymnastic training certified trainer who's also certified by resPT, Yoga Alliance, and Les Mills.

**Step 1:** With your feet positioned hip-width and toes slightly turned out, place the bar at hip height with a wide grip and elbows locked out.

**Step 2:** Taking momentum from your posterior hip thrust, raise the bar with your elbows high and wide to an overhead position, keeping the bar line close to your body. Reposition your feet slightly wider at this time and allow your legs to drop into a squat position.

## Q Is there such a thing as proper sleeping posture?

• BRYLLE, VIA E-MAIL

While sleeping habits differ from one snoozer to the next, resting on your back brings home the title as it puts the least amount of pressure on your body, then followed by sleeping on your side, explains cardiologist Dan Lipayon, M.D., F.P.C.P of St. Luke's Medical Center Quezon City. Top prize for the most stressful sleeping position goes to lying down on your belly for its undue posture strain and muscle fatigue. So, how do you get the most out of your shuteye? Heed Dr. Lipayon's easy-to-do shuteye tips.

**For on-your-back sleepers** Place a pillow under your neck and knees to reduce stress on said areas.

**For side sleepers** Be sure to put a pillow between your ear and the bed, and also between your knees to achieve the right spine alignment. Remember to position your top leg even with your bottom leg while keeping both knees bent.

**For belly sleepers** Use a small pillow on your head in a neutral position until you can break the habit.



## Q If I wear compression gear, will I be less sore after a workout?

• KYLE, VIA E-MAIL

There was a time when a guy wearing spandex in a gym would elicit snickers. Now it prompts thoughts like, "What does he know that I don't?" Here's what: A 2013 review published in the *British Journal of Sports Medicine* concluded that people who wear compression garments after their exercise sessions experience less soreness and faster muscle recovery than people who stick to T-shirt and shorts. That's because the constrictive material mimics a sports wrap, increasing blood flow to your muscles while speeding the removal of creatine kinase, an enzyme that leaks out when you exercise and causes that telltale to ache. Still sore after your workout? Your duds may not fit, says study author Jessica Hill, M.Sc. Next time, try them on before you buy. Compression garments should feel slightly snug—not suffocating.



**PACKED BEAN**  
You get hefty  
benefits from  
garbanzos

## Q Which bean is the best?

• ELI, VIA E-MAIL

That's like asking which Victoria's Secret model is the hottest. But we'll bite: While all legumes are nutritious, the tiny *garbanzo* is a class-leading bean. A cup of canned *garbanzos* (a.k.a. chick peas) provides 18 grams of protein, including every amino acid necessary for muscle growth, says Rebecca Scritchfield, R.D., a dietitian in Washington, D.C. In other words, hummus could make you huge. (Muscle-wise, that is.) Want more bean-efits? Researchers in Canada found that people who regularly consume *garbanzos* have healthier cholesterol levels than those who don't. Credit a high dose of soluble fiber, the kind that sucks up water, forming a gel in your intestines that blocks cholesterol from being absorbed. Soluble fiber also fuels gut probiotics, the healthy bacteria that promote digestion, protect your colon, and give your immunity a boost. Toss the beans into a salad, or develop a hankering for carrots and celery dipped in hummus. And don't worry about tooting your own horn. An Arizona State University study found that while all bean may cause flatulence initially, the fallout fades after a few weeks.



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#### LETTER OF THE MONTH

## Starting Strong

First Sunday of the year should be right and healthy, of course! @menshealthph

• JENERSON PAOLO SAN JOSE CAMAYA VIA INSTAGRAM

## Combine Hangover

Many thanks to @menshealth for the great workout! Train like a pro! This is like the stamp on my manly manliness

• PAUL ALVIN CHUA, VIA INSTAGRAM

## Letter of the Month

The “No Easy Shots” article featuring Marc Pingris and “Got Grit?” article featuring Jimmy Alapag are two clear examples of real-life obstacles trumped by real-life grit. Like the two heroes in the story, I too have experienced tough life situations over the past three years ranging from the death of my mother, to professional failure, to financial devastation, to rejection from my peers and friends—four life events which nearly broke my mind, body, heart, and spirit as



a warrior.

And like the two heroes in the story, I too have summoned everything that was left inside of me to stand up, dust myself off, and try again one more time. Since I was a little boy, I have always known there was something inside me that believed I would make it out of my situation. Now, that something has a name: grit.

That said, I'd like to take this opportunity to “grit” the editors, officers, and staff of a magazine I have been collecting since Feb 2006. More Power. More Grit. *Semper Fidelis!*

• VINCE RODRIGUEZ, VIA E-MAIL

*Thanks for the kind words, Vince. Keep on pushing! - Eds*

## Right Pride

I love this article from your January 2015 issue. Kudos @menshealthph!

• KEEJ, VIA TWITTER



## FROM THE MH WALL

March officially kicks off sunny days! We asked: What are your fitness goals for the summer? Here are some of the responses.

BE ABLE TO DO PULL-UPS AGAIN

• KEVIN MADURATA

More crunches and planks for abs

• JEREMIE SANTOS SAN JOSE

More workouts for my abs

• JAN LOUIE

KILL FAT!

• JAMESON ALMOGUERA

To balance work and a steady fitness regimen

• RYAN PIERCE ENCISA

Build a bigger chest

• EDWARD P. CASAT JR.



## How To Reach Us



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## Next Month in Men's Health!

### MH SPECIAL Splendid Summer

Your step-by-step guide to enjoying beach season

### FITNESS The MH Laboracay Workout

Muscle up with this 4-week plan

### NUTRITION Bad Salad

The unhealthy sneaky culprits in your greens

### STYLE Up Your Shoe Game

Let our sneaker guide show you how





# ALERTS!

MH

EDITED BY GABRIEL A. PANGALANGAN

TRENDING NEWS ON HEALTH, SEX, NUTRITION, FITNESS, & WEIGHT-LOSS

KICK  
THE CAN

#### LET THE GAINS BEGIN

Cut out post-workout drinks to maximize your muscle gains.

## IS YOUR WORKOUT WASTED?

Barbell curls don't cancel out 330ml curls, and yet **people tend to increase their drinking on days they're more active.** That's what researchers at Penn State discovered when they had study participants log their workouts and alcohol consumption. Some people may exercise to counter calories from alcohol or use booze to reward hard work, the scientists speculate. "Drinking alcohol after a workout dehydrates your body when it needs to be hydrated," says International Powerlifting champ Betina Bordoos. Have a protein shake instead!



## STRENGTH IN NUMBERS



### Fuel Your Gains /

Muscle growth may be triggered in the weight room, but it's stoked in the kitchen. When you eat protein, your body breaks it down into amino acids, which are used to repair and rebuild muscle fibers. This process is known as protein synthesis, and the linchpin is the amino acid leucine.

**Your Number:** 30 grams of protein per meal. That's the recommendation of Brian St. Pierre, a dietitian at Precision Nutrition. "If you're eating enough calories overall, that will provide enough leucine to optimize muscle growth," he says.



### SPEED SECRET

## EXCEED YOUR POTENTIAL

LeBron has Durant. Djokovic has Nadal. Find someone who will challenge you: **Racing against a rival can help you run faster**, according to New York University research. "Healthy rivalries can bring out the best in athletes," says Fonacier, also a trainer at CrossFit MNL and Fort Rock Fitness. "It's best to keep your rivalry friendly—and not personal—as to avoid getting distracted from your training and end goal." Next time you enter a race or do a hard training run, invite your rival. Don't have one? Be more social at your next local race. Talk to a slightly faster finisher and schedule a friendly run for bragging rights.

MH

# ALERTS! FITNESS



For up-to-the-minute health tips, follow us on Twitter @menshealthph

### FEEL THE BURN

Sprint rowing works your entire body and gets your heart pumping.

FITNESS SHORTCUT



#### 1/ Load Your Legs

Lean slightly forward and bend your legs, making your shins vertical. Flex your triceps as you reach forward.

# SEVEN MINUTES TO SUPERFIT



#### 2/ Drive Hard

Push explosively with your legs, open your hips, and squeeze your lats as you pull the handle.



#### 3/ Finish Strong

Lean back a bit and contract your abs, glutes, and quads as you pull the handle to your belly.

"Indoor rowing is a great strength and endurance workout," says former Ateneo de Manila University varsity rower David Fonacier. This month, **try the ultimate power endurance test: the 2,000-meter rowing time trial.** To up your RPMs, try doing 60-second rowing sprints; Canadian research suggests that this can lower your 2K time. Men who did 10 sessions (4 to 6 sprints each) over a 4-week period shaved four seconds off their 2K times—even though they cut back on total training time by 45 percent. "Sprints burn more calories than steady-state rowing and can even lower your resting heart rate," adds Fonacier. Shoot for a 2K time of 7:15. Lock down your form with the tips at left.



# Designed to take you even further.



## SPORTAGE Diesel



The Power to Surprise

**The journey is just as important as the destination.**

Whether it's to the farthest provinces or the city streets, the long hours on the road will pass by like a blur with the new KIA Sportage Diesel. Take in the sights of unconquered terrains with a 2.0L R-Diesel Engine, and breeze through to your destination with 17-inch alloy wheels and spacious, sleek interiors. Visit your nearest KIA dealer today to learn more about the new KIA Sportage Diesel.

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ACE  
MOVIE  
NIGHT

PASS ON THE POPCORN  
YOUR CHOICE OF FILM  
COULD BE MAKING YOU FAT.

# GAIN OF THRONES

Careful: What you watch on movie night might just turn your weight-loss plan into a fantasy. **Action films or TV shows may cause you to overeat**, say Cornell University researchers. Study participants who watched a loud, high-intensity Michael Bay movie ate nearly twice as much food (by weight) and 65 percent more calories than those who watched the interview show *Charlie Rose*. A fast-paced film may distract you, causing you to eat more than you should, says study author Aner Tal, Ph.D. Here's a smart snacking trick from Tal: Use the distraction to switch from chips to carrots or any healthy food you might otherwise avoid. "Eating in front of exploding cars and intense chases may help you swallow the 'medicine' more easily," he says.



## A Weighing Game

It's time for a (daily) weight check. According to a Cornell Food & Brand Lab study in *PLOS ONE*, dieters were more successful in their weight loss when they stepped on the scale on a daily basis. Those who went more than a week without checking weight actually gained a few. The study suggests that checking weight daily helps dieters stay on track. Whether you weigh in daily or just once a week, Jonathan M. Abarra, fitness trainer at Celebrity Sports Club, stresses that you remain consistent with when you check your weight. For example, make a habit of getting on the scale in the morning after waking up so you can monitor your weight more accurately.



## GET FIT WITH YOUR PHONE



Now you have all the more reason to stay glued to your phone. According to researchers at the Tulane University School of Public Health and Tropical Medicine, cellphone support can help you lose weight. The study found that mobile apps that provided text messages or video incites reminded users to practice health-friendly habits. Need an app? Try *FitQuote* and get your daily fitness motivation fix.



## OIL UP FOR YOUR HEART

Seriously, put down the bread: **Cutting carbs, not fat, makes for a healthier ticker**, according to a study published in *Annals of Internal Medicine*. After one year, the increase in HDL cholesterol—the good kind—among carb cutters was four times that of people on a low-fat diet. Lower carb intake means your body burns stored fat for energy, leading to improved heart health, explains study author Lydia Bazzano M.D., Ph.D., M.P.H. Just be sure to opt for healthy fats, such as olive oil.



For up-to-the-minute sex tips, follow us on twitter @menshealthph



# THE BIGGEST SNOOZER

Here's cause for alarm: **Sleeping in on weekends may raise your odds of hypertension**, say researchers in the Netherlands. They found that people who slept two or more hours later than usual on weekends had higher resting heart rates and cortisol levels than those with consistent wake times. Staying up late and sleeping in may send your sympathetic nervous system into overdrive, setting you up for hypertension and chronic inflammation, says study author Femke Rutters, Ph.D. If you can't drag yourself out of the sack on Saturday and Sunday mornings, chances are you need to address a workweek shuteye deficit.



**RISE AND GRIND**  
Become a morning person  
for better health.

## STRAIGHTEN UP YOUR ACT

Career in a slump? Check your posture! According to research from the University of Auckland, New Zealand, **slouching can sabotage your work performance**. People who sat in a slumped position did worse in mock interviews than those who sat upright, and their self-esteem ratings were about 10 points lower afterward. "Improving posture prevents muscle aches, improves breathing, and boosts mobility in day to day tasks," says 360 Fitness Club coach Jeriel L. Manalo. "You'll also look and feel more confident."



MH  
ALERTS! HEALTH

## Oral Angst

A new study in *JAMA Otolaryngology-Head and Neck* found that oral cancer doesn't discriminate between smokers and nonsmokers, but it formed on different parts of the mouth based on your smoking habits (or lack thereof). Regardless, Ana Nadela, D.M.D., of the Nirvana Dental Clinic in Quezon City, advises that you quit the cig to prevent oral health problems. She also suggests you strengthen your immune system through proper diet and exercise to help deter oral cancer.



## WHAT CANCER TRULY CRAVES

Looks like tumors have a sweet tooth. **High blood sugar may raise your chances of cancer**, a study in *Diabetologia* suggests. Researchers discovered that people with prediabetes were 55 percent more likely to develop stomach or colon cancer than folks with normal glucose levels were. Study author Yuli Huang, M.D., says the insulin resistance that's a hallmark of prediabetes and diabetes may increase the secretion of proteins that feed cancer. Worried? Ask your family doctor to test your blood glucose levels.

For up-to-the-minute nutrition tips, follow us on Twitter @menshealthph



# CALL AN AUDIBLE IN THE BEDROOM

Tongue-tied between the sheets? New research confirms old advice:

**Just asking for what you want usually works,** according to a

study in *Sexual and Relationship Therapy*. Explicitly asking to try a new position, for example, succeeded 85 percent of the time, says study author Shawna Harris, Ph.D. Gillian Legarza, a Registered Psychometrician from the University of Santo Tomas, adds that being more expressive not only helps you get what you want but also helps your lady get to know you better. Only 38 percent of the study participants used the direct approach; 52 percent were indirect, dropping hints. Men in particular were more uncertain about how their partner would respond.



## LIPS DON'T LIE

Sure, charm counts, but **good kissing trumps personality and looks** for women considering a long-term relationship, a study in the journal *Evolutionary Psychology* reports. Women preferred men described as good kissers—and photographs of the men didn't change their choice. One reason: "Women value intimacy over superficial factors," says Legarza. "The act makes them feel secure, loved, and needed."

**PILLOW TALK**

## SEALED WITH A KISS

Ladies love a guy who knows how to pucker up.



# ALERTS! SEX

## BEDROOM CONFIDENTIAL



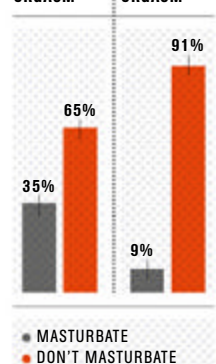
## Learn from Lesbians /

When it comes to orgasms, lesbians come out on top. Gay women climax more frequently than straight women during sex with a familiar partner: 75 percent of the time versus 62 percent, according to recent research published in the *Journal of Sexual Medicine*. Lesbians tend to use a variety of techniques, and the sex often lasts longer, says study author Justin Garcia, Ph.D. His advice: Use your hands and mouth more.

## THE PLEASURE IS ALL HERS

Women who reach orgasm during sex are more likely to masturbate than those who don't climax, reveals a study in the *International Journal of Impotence Research*. Encourage her—and ask to watch, suggests study author Barbara Lucena, Ph.D.(c).

**REACH ORGASM** **DON'T REACH ORGASM**



For up-to-the-minute fitness tips, follow us on twitter @menshealthph



## BERRY HEALTHY

To prevent hypertension, go pick some berries... or you could always just buy them at the grocery. Either way, adding blueberries to your diet could help prevent cardiovascular diseases. According to a study in the *Journal of the Academy of Nutrition and Dietetics*, just one cup of blueberries per day could be the key to reducing blood pressure and arterial stiffness. "Berries are supercharged with antioxidants that give protection against cancer and cardiovascular diseases," says Chef Laica Herrera, a registered nutritionist. Grab a handful ASAP!



## THE STROKE SHIELD

You can make yourself stroke-proof with the help of fiber, according to a Swedish study involving nearly 70,000 individuals. "Fiber stabilizes blood glucose and also lowers blood cholesterol," says Chef Herrera. "Studies show that for every 7g of daily fiber intake, there's a 7 percent reduction in risk of stroke," she adds. The Swedish study recommends you go for fruit and vegetable fibers to help shield you from stroke. Cereal fiber, on the other hand, was not found to be a factor in decreasing stroke risk.



For up-to-the-minute weight-loss tips, follow us on twitter @menshealthph

FROM FAT TO FIN

### A NEW GILL FRIEND

Men lose more belly fat by consuming fish than women do.

## HOOK, LINE, AND GUT SHRINKER

Pick your protein wisely: A study review by Swiss and South African researchers suggests that **eating fish can help you shed weight.** People who ate fish regularly or took fish oil supplements every day lost 1.3 more pounds over two to three months than those who went fish-free. They also shaved nearly half a point more off their body-fat percentage. According to study author Nicole Bender, M.D., Ph.D., the omega-3 fatty acids in fish have anti-inflammatory effects that can boost weight loss. Aim for two servings a week of a fatty fish, such as salmon.



**The Finding** Drink your vegetables: A broccoli beverage can clear your system of benzene, a carcinogen found in cigarette smoke, according to a study in *Cancer Prevention Research*. Credit the phytochemical sulforaphane, which promotes the production of detoxifying enzymes, says study author Thomas Kensler, Ph.D.

**Apply It** Can't avoid secondhand smoke? Down a mix of broccoli sprout powder and equal parts pineapple juice and water.



# THE ART OF THE UPSET

HE'S A MAN ON A MISSION, AND HE  
ISN'T LOOKING FOR HANDOUTS.  
A STUDENT OF TRIAL AND ERROR,  
ZANJOE MARUDO REDEFINES THE  
STEREOTYPICAL LEADING MAN  
AND OUTLINES THE UNDERDOG'S  
SUCCESS STRATEGY

BY GABRIEL A. PANGALANGAN /// PHOTOGRAPHS BY JAKE VERZOSA

# PAGE 20





STYLING BY  
PERRY TABORA

GROOMING BY  
JOSHEN VAHN LEE



## ZANJOE MARUDO

HE PRESIDENT IS HERE. OR SO SAY THE WORKERS IN THE COMPOUND WHERE THIS PHOTO SHOOT IS BEING HELD. YOU'LL FIND NO PRESIDENTIAL SECURITY GROUP CONVOY, THOUGH—ONLY A BIG VAN FOLLOWED BY A BADASS OFF-ROADER FROM WHICH ZANJOE MARUDO EMERGES.

*"Si President pala shoot nila,"* a factory man tells his mates. *"Pwede kami pa-picture mamaya, sir?"* another worker asks us. We nod. *"Pagkatapos ng shoot lang po, salamat."*

When blue-collar men can't wait to have their photos taken with you, it's safe to say you've got it made. It's the kind of fame and success that can be intoxicating. But Marudo, who plays Sebastian "Baste" Javier, a dairy corporation's president (thus, the moniker) in the hit show *Dream Dad*, handles it well.

He looks around, waves to the small group, bows a bit to shake everyone's hand first, and then greets his personal team. That afternoon, he jokes around, even running in the least masculine way in front of the camera. His casual, down-to-earth vibe is so palpable that a cynical man would be tempted to think of it as a front. He is, of course, an actor. Giving what you want to see is his job.

Marudo's past, however, sheds the light of truth. He started late in show business on a reality show that's more of a popularity contest than an acting audition. It took him nine years to finally topbill a primetime TV show—and he's had to overcome plenty of setbacks along the way, starting even from his pre-acting days.

*"Nung high school ako, nag-try out ako sa varsity basketball team ng San Sebastian College,"* recounts Marudo. *"Hindi ako natanggap. Huminto na rin akong mag-practice dahil kailangan kong mag-focus sa pag-aaral. Hindi ko kasi kayang mag-aral kung hindi ako scholar. One day, I spoke to the coach, and he gave me another chance. I tried out again at natanggap na ako sa team—at scholar pa ako."*

Emerging victorious after being counted out seems to be the theme of Marudo's life. You could see it, too, in the most memorable roles he has played on camera. He's neither the stereotypical action star nor the flamboyant leading man. You know him better for his simple, blue-collar, under-the-radar supporting roles. From the time he started in 2006, he's rarely been tasked to carry a huge project—except for a few *Maalaala Mo Kaya* stints.

*"Gusto ko yung ganyang roles,"* he says wholeheartedly. *"Kung dun ko mas nata-touch yung puso ng audience, mas naniniwala sila sa akin, mas ginagalingan ko yung role ko."* True enough, he has the good-guy image down pat. *"Lagi akong naka-cast as mabait—mabait na daddy, mabait na kapatid, mabait na asawa. Minsan nga sobrang bait na nagiging martyr,"* he adds with a laugh. *"I don't know [kung bakit laging mabait ang characters ko]. Sabi lang nila, 'perfect example of the underdog' ako."*

### Resist the Quitter Within

Excelling in such roles is probably natural for a

guy who's had his fair share of bad luck. It was a struggle even breaking into the industry. *"Nag-try akong mag-VTR for years, pero laging extra ako o nasa background,"* he remembers. *"Halos lahat ng ka-batch ko naging artista na. Ako lang yung hindi tinatawagan para mag-audition."*

Sometimes, Marudo adds, the universe gets downright cruel. *"One time, may tumawag para magpa-audition para sa teleserye. I was so excited—kaya lang pagdating ko sa set, pinauwi rin ako kasi hindi raw ako fit sa role."*

Having the door slammed in your face time and again can take its toll on you, no matter how optimistic you are. But Marudo didn't back down. *"When I was his agent, he'd attend castings and he'd try every time,"* shares Mercator Artist and Model Management president Jonas Antonio Gaffud, who worked closely with Marudo in the early stages of his career. *"He's always been very hardworking. He never gave up on his dreams, and he always knew what he wanted. Even before Pinoy Big Brother (PBB), he told me it was his dream to be an actor—a very good actor."*

After each setback, Marudo picked himself up, dusted himself off, and kept working. One day, he finally got the call. *"Tumawag yung PBB for an audition,"* he says—but even then, scoffing dogged his big break. *"I got the part, pero walang naniwala na magtatagal ako sa loob ng PBB house dahil 'tamad' daw ako,"* explains that season's eventual fourth placer.

His success in *PBB: Celebrity Edition* propelled him to new heights, and the model from Batangas seemed primed for stardom. Still, he tempered his expectations. *"I came from a reality show, so hindi naman ako na-discover para maging artista,"* he reasons. *"At the start, siyempre mahirap dahil hindi ko naman alam yung ganung mundo."*

Nevertheless, he took every opportunity that came his way, from TV parts to movie roles and everything in between. *"Kahit hindi ko pa kaya at hindi ko alam, sinubukan ko, kasi sayang din [yung opportunity],"* he points out. For five years, he tackled a steady stream of projects that required him to be the quintessential good guy—the almost-but-not-quite leading man on the losing end of a love triangle.

### Keep Calm, Take Risks

Every dog has his day, so says the old adage. And now, the self-confessed underdog has the spotlight firmly on him, thanks to a few unexpected career moves. In 2011, he stepped outside his comfort zone to portray an abusive father in *Shake, Rattle & Roll 13*. The role challenged him as an actor because he had a hard time shaking off his nice-guy persona. *"Sinubukan ko [maging kontrabida], pero*

## MAXIMIZE FREE TIME

ZANJOE MARUDO, TIRELESS WORKAHOLIC, OFFERS A PRODUCTIVITY-BOOSTING TIP

*"Kung may time na may break ka sa trabaho, mag-travel ka o mag-isip kung paano mo mas gagalingan ang trabaho mo. At kapag dumating yung time na pwede ka nang mag-work ulit, ready ka at marami kang baon."*



### WAIT TO WIN

When it comes to developing that golf swing (or a budding career), patience is key. In fact, your willingness to wait could lead to more gratifying rewards down the road, according to research published in the *Journal of Organizational Behavior and Human Decision Processes*. So make like Marudo and wait for the right time to take flight.





**“DON'T  
RUSH;  
TAKE  
IT SLOW”**



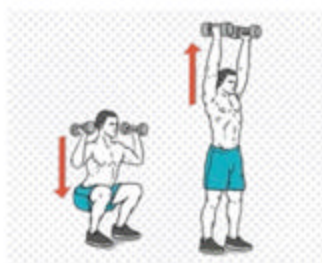
“EVERY  
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MACHO  
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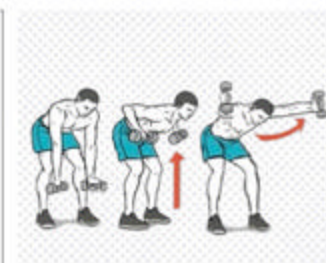
WANT TO BUILD A LEADING MAN'S BODY DESPITE A BUSY SCHEDULE? TRY THIS TOTAL BODY WORKOUT FROM CELEBRITY FITNESS TRAINER ELMARK TABANYAG TO GET YOURSELF LEAN AND MEAN

DO 15-20 REPS, 3-4 SETS



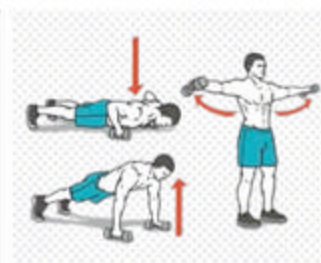
**Thrusters**

**[A]** Assume an athletic stance. Grab a pair of dumbbells and hold them in front of your shoulders with your elbows bent, palms facing inward. **[B]** Squat down, and when your hips are lower than your knees, stand back up and press the dumbbells upward. That's one rep.



**Bent-over Row to "Y" Raise**

**[A]** Stand with your feet shoulder width apart, knees slightly bent, hips back, chest over your thighs but not going past your knees. Grab a pair of dumbbells and let your arms hang straight down. **[B]** Pull the weights to the sides of your hips. Pause, then lower them back down. **[C]** With your elbows locked, raise your arms diagonally, forming a letter "Y." Pause, then lower your arms back down.



**The Total Body Move**

**[A]** Grab a pair of dumbbells and assume a push-up position on the ground, palms facing inward. **[B]** Bend your arms and lower your chest to the ground; before your chest hits the floor, push back up and immediately kick your legs forward, landing on your soles. **[C]** Stand up while still holding the dumbbells, and then perform a lateral shoulder fly.



UNSTINTING HARD WORK BUILT ZANJOE MARUDO'S LONG CAREER—AND THOSE SOLID ARMS. GET SOME PRESIDENTIAL POWER ON THOSE GUNS WITH THESE TOTAL BODY TIPS

#### Back Off the Curls

Can't pull off five chin-ups? Trainer Tony Gentilcore, C.S.C.S., says not to overcompensate with curls. Instead, at the start of your program, focus on total-body lifts that hit your biceps instead of targeting them directly.

#### Double Your Reps

Now you're ready to move on to curls. Do a "double-rep set" of curls to maximize your pump. First, do 25 reps of a barbell curl. Rest for 15 seconds, then do another two reps. Alternate between 15 seconds of rest and two reps until you hit a total of 50 reps.

#### Target Your Triceps

They're bigger than your biceps. When doing a bench press, lay a foam roller lengthwise on your torso so the top is in between your pecs, and tap it with the bar with each rep. This emphasizes the lock-out phase of the lift, which is all triceps.



awkward *eh—hindi pa* natural at the time," he assesses. "*Sana lang nagawa ko siya* convincingly *at napaniwala ko ang* audience *na masama akong tao.*"

He followed up this gamble with an even riskier choice, playing a homosexual in the 2012 film *24/7 In Love*, his first leading role with real-life girlfriend Bea Alonzo. The rom-com was a surprise hit. Marudo showed he could hold his own in the acting department opposite his acclaimed and more seasoned partner. "*Alam kong natuwa yung audience kasi after nun, may sarili na akong movie* (the 2013 blockbuster *Bromance*) *na [ang role ko ay] twins—isang guy at isang gay,*" he says. "*Mahirap yung gay role at nakakailang kahit papaano. Pero nag-e-enjoy din ako dahil hindi ako ganun sa tunay na buhay. Kaya masarap trabaho namin:* You can play a different person or different personalities."

Marudo's derring-do to take on characters that many aspiring leading men turn down evidently paid off as the big projects started coming his way. His inspired and smart choices considerably increased his stock as an actor that Marudo can now afford to be more selective with the assignments he takes to maximize his talents. "*Natuto na lang ako na dapat alam ko na kaya ko at bagay sa akin,*" the 32-year-old actor remarks. "There's less pressure *pag alam mong kaya mo.*"

Still, the cojones to take the unusual road to the top is firmly intact. His two most recent TV roles—Guido in *Annaliza* last year, and Baste in *Dream Dad*—prove this. Both, by the way, are father roles that he's supposed to be too young to play.

Offscreen, being a real-life dad is the one role this courageous actor is hesitant about taking. This seems ironic given that he's played the dad role well on TV. But as with all the good things that have come his way, he believes fatherhood is all a matter of proper timing. "*Sa ngayon, wala pa [akong plano maging daddy] pero gusto ko na talaga,*" says Marudo, who's been in a relationship with Alonzo for over three years. "*Minsan ang gulo eh—minsan gusto ko, minsan hindi pa. Gusto ko na nasa right timing at right position na ako sa buhay bago maging daddy. Dapat ready na ako, kaya kong magbigay ng time, at hindi ko mapapabayaang anak ko. Baka dun, pwede na akong magka-baby.*"

#### Get What You Give

Right now, Marudo's top priority is to master his craft and earn the respect of his peers and audience. Respect, for him, is a two-way street.



He considers it one of the most important cornerstones of any underdog's success story. "In my nine years in showbiz, *yun ang pinaka-importanteng natutunan ko,*" he asserts. "*Respeto, hindi lang sa artista, pero sa lahat ng tao—sa crew din. Important ang pakikisama mo sa kanila kasi sila ang makakatrabaho mo hanggang tumanda ka.*"

Joshen Vahn Lee, the actor's long-time makeup artist, attests that Marudo's respectful good-guy persona isn't just for show: "Every morning [working with him] starts with a joke or a funny punch line. *Sobrang saya niya katrabaho.* He knows how to separate his work and his personal life, and he knows how to respect people."

Another age-old virtue he lives by: patience. Marudo, an avid golfer, is nothing but patient. He didn't cash in all his chips or rest on his laurels after becoming a model, or upon making it to PBB, or after scoring his first blockbuster film. Instead, he took on daring roles and pounced on the right opportunities while his contemporaries chased after the same old parts. This underdog knew that when it's all said and done, he would finally have his much-deserved day in the sun.

Now, Marudo is reaping the rewards and preaching the message. "Don't rush; take it slow," he advises. "*Darating din yung tamang opportunity para sa'yo.* Everything will fall into place *sa tamang panahon.*" ■





## EVERYDAY RUNNERS

When choosing a running shoe, you need to consider the following: weight, cushioning, durability, and comfort. How you'll choose will depend on your stride and your personal taste. For those looking for a versatile pair, try the Nike LunarTempo. It's light at 7.4 ounces, has a waffle-shaped tread on its sole for durability and traction, and dynamic Flywire and Flymesh uppers that give it a snug fit—great for everyday running. Try it on for size at a Nike outlet near you.

## YOUR BEST FACE FORWARD

According to dermatologists, men's skin is oilier compared to that of women. If you're still using your girlfriend's stash of products, then you're not doing your grooming regimen justice. Nivea Men has a variety of facial washes, moisturizers, and deodorants that can help you look and feel fresh. Even if you have sensitive skin, they've got you covered, too. The Nivea Men range is available at all leading groceries and drugstores. For more information, log on to [niveamen.ph](http://niveamen.ph) or search #Diskarte on Twitter and Instagram.



MH

# RADAR

## Events & Promotions

Check out [facebook.com/menshealthphilippines](https://facebook.com/menshealthphilippines) for our promotion updates.

## THE SUITE LIFE

The venue for any party you're planning is crucial as it can limit the kind of activities you can do during your event. What's the fun in that, right? Victoria Court's current campaign #TheVCExperience showcases the different things you can do at their venues. Their themed suites can bring you to a film set, or even to architectural sites minus the plane fare. You can do videoke all you want and only you and your friends can hear it. If you're planning a more intimate anniversary getaway, they have amenities like jacuzzis where you can put your feet up and relax. For inquiries and reservations, call 0917-9810084. You can also follow them on social media via @victoriacourtvc on Twitter and Instagram or via Facebook at [facebook.com/VictoriaCourtph](https://facebook.com/VictoriaCourtph).



## SMOOTH SHAVING

In a recent global survey of 7,000 men, researchers found out that using disposable razors on a regular basis can cause redness that not only irritates your skin, but can also hurt your confidence. To help educate Pinoy men on how they can shave better, Gillette held an event at Eastwood City Mall in January. Participants got to shave with a disposable razor and compare it to shaving with the Gillette Mach3 Turbo. With thin steel blades, triple blade technology, a front pivoting head, and Lubrastrip with aloe vera, it allows for a smooth shave minus irritation. Check it out at all leading drugstores and supermarkets nationwide.



## BOOSTING KICKS

Once you start running to compete, not only should you step up your training, you should also invest in equipment. This includes a good pair of running shoes that's not only sturdy, but has elements that can help improve your race time. One such pair is the adidas Ultraboost. It features 20 percent more boost cushioning material, made up of thousands of unique energy capsules that return energy with each stride. Together with primeknit uppers that adjust as your feet expand and a heel construction that allows for the natural movement of your Achilles tendon, you're all set no matter how many kilometers you notch. It retails for P8,295 at all adidas stores and at Runnr in Bonifacio Global City.





# FOOD

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**Woman**

### IMPRESS ANY LADY

Let PBA courtside reporter Rizza Diaz show you how

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Without breaking the bank, the 2015 Hyundai Sonata is a treat to drive





# F woman

## Unleash Your Inner Charm



Showing your softer side to your partner is great for your union. "Vulnerability is all about taking the risk to be your real genuine self," explains clinical psychologist Merideth Harrison, Psy.D.

**PBA courtside reporter Rizza Diaz gives a pep talk on the best ways to get on a lady's radar**

BY ENRICO MIGUEL T. SUBIDO  
PHOTOGRAPHS BY DIX PEREZ

### LIVE OUT YOUR GOALS

My family thought I wouldn't make it in this industry. I was discouraged to pursue this career. I'd hear things like, "You're too small for that, 'di ka bagay diyan." But I was persistent, *matigas ulo ko*, and I saw my end goal. I really wanted to be part of the PBA, doing this job. And everything I did, led me to that. Now, my family is extremely supportive and proud of me and I feel very lucky. I say: Work hard for it and don't stop until you get there.

**Career Hack:** Knowing your endgame makes it easier to find what will motivate you to get there. "Motivation also promotes our feelings of competence and self-worth as we achieve our goals. It provides us with means to compete with others in order to better ourselves and to seek out new information to learn and absorb," explains Scott T. Rabideau of New York's Rochester Institute of Technology in his paper *Effects of Achievement Motivation on Behavior*.

### SHOW SOME EFFORT

I like homemade stuff. Cook for me, make me a card, I would appreciate that—especially now that everything's sent through e-mail or text. Take me

on a movie date—*alam ko may effort na sinundo mo ako*. You don't have to get a reservation in a swanky hotel, but if you know that I love burgers and, say, you do your research and find out where my favorite burger joint in town is, then I know you thought about that and you put some effort into it. Effort turns me on.

**Relationship Hack:** While you might be able to pass off a macaroni birthday card as cute or sweet, you should also acknowledge the effort your lady is putting into the relationship. Feelings of security and happiness are more perceivable when you believe your partner is capable of change or improvement, reveals a new Northwestern University study. "Many of us tend to under-appreciate our partner's efforts to improve the relationship, simply because we do not have enough faith in those attempts," says Chin Ming Hui, the study's lead author. "When we see those efforts in a positive light, we can enjoy our relationship much more."

### FIND YOUR OWN GROOVE

My courtside style is very conversational. *Parang nagkukuwentuhan lang tayo tungkol sa laro*. And as a courtside reporter, I want to give you the stories that you don't hear—the stories in the huddles, the ones right there in the thick of the action. I don't compose my reports trying to impress you with the best vocabulary. I'm just being natural and I'm telling you a story.

**Personality Hack:** All you really need to be is yourself, man. "Humans have a desire to be authentic and doing so correlates with higher levels of life satisfaction and well-being," writes Abigail A. Mengers in a personality study for the University of Pennsylvania. Work at being open and accepting. While you're at it, pay it forward and encourage others to be the same.

### FLEX YOUR FUNNY BONE

A guy doesn't have to be a basketball player to get me interested, though I won't deny that these players are really attractive. They're tall, athletic—big turn-ons. But I think guys who are funny are the sexiest. Turn me on with your wit. If you can carry a conversation with me—it doesn't have to be intellectual—and we're having a good time and getting along, that's good for me.

**Dating Hack:** Don't worry if you lack the knack for dropping punch lines. The secret: Don't try so damn hard to be funny. "Try to let your natural wit come out through conversation. Self-deprecation can work well because it diffuses your ego and lets her know you're self-aware," says comedian Sara Schaefer, host of late-night MTV show *Nikki*

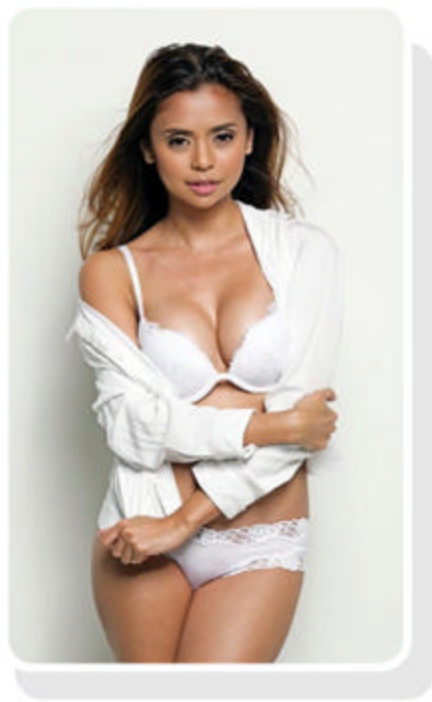


& Sara Live and popular podcast *You Had to Be There*. Just remember when to hit the brakes, adds Schaefer: "Don't go too far—too much can make her think you have zero self-confidence. Joke about what's happening around you. Is your waiter being too aggressive with the dessert menu? Is there a creepy dude at the end of the bar? Joining forces to make fun of the crazy world around you can be a great way to connect."

### GRAB THE REINS

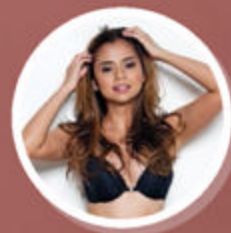
Every now and then, you want someone who is spontaneous. Having a plan is always good. But men who really turn me on are driven, who know what they want and are working hard to get it—because I sort of have the same mentality. I don't let roadblocks get in the way. Someone who knows where he's going, knows what he wants, but also has space for surprises—that man's a keeper.

**Success Hack:** Even if you like to plan stuff all the time, leave some space for spontaneity. Otherwise, you might miss out on some awesome experiences. Changing it up shows her a different side of you, too. But you don't predict when to wing it. According to Edward Slingerland, author of *Trying Not to Try: The Art and Science of Spontaneity*, you have to let it happen naturally. It's all about "tacit, fast, and semiautomatic behavior that flows from the unconscious with little or no conscious interference," he writes. ■





**F** woman



**GET HER  
ATTENTION**  
Being driven  
and goal  
oriented is  
sexy, says Diaz

“

**I THINK GUYS  
WHO ARE  
FUNNY ARE  
THE SEXIEST ”**



# No-Question Quinoa

**Okay, so you finally know how to pronounce it. (Just a refresher: keen-wah.) But what in the heck will you do with it? Our tips to getting the most out of this super grain**

BY REGINE RAFAEL

**YOUR LOCAL SUPERMARKET'S BOUND** to have it in their aisles so it's easy enough to buy. But remember to make sure there are absolutely no signs of moisture in the container. It comes in many varieties, but the most common ones are tan, red, and black. Sometimes, tri-colored quinoa is available, too.

Whatever your choice, you'll surely get all the nutrients that it packs. Just remember to store it in airtight containers. "It has fiber which bugs love to eat so keeping your quinoa in sealed containers prevents this," adds Marie Gonzalez, owner and chef of Kitchen Revolution. You can also store it in the fridge or freezer to keep it from going stale.



MAKE IT TASTY

If you don't want to use water, you can try using a vegetable or chicken broth for extra flavor. Looking to experiment? Try putting in a smashed clove of garlic, or even sprigs of rosemary or thyme with your quinoa.

## COOK IT WELL

Here, our step-by-step guide to cooking perfectly fluffy quinoa:

- 1 Measure out the quinoa and liquid. One cup of quinoa usually needs about two cups of liquid.
- 2 Rinse the quinoa in a mesh strainer for at least two minutes before cooking it, as quinoa's outer coating is what makes this grain naturally taste bitter.
- 3 Drain quinoa and toast in a saucepan drizzled with olive oil. Cook, stirring for about one minute and allowing the water to evaporate.
- 4 Add liquid to the pan and bring to a boil. Once boiling, lower the heat and cook the quinoa covered for 15 minutes.
- 5 Let your quinoa stand for five minutes, remove the lid, and gently fluff your quinoa with a fork. Now, it's ready to eat!

## WHIP IT GOOD

Quinoa is a great component for salads and it'll fill you up nicely, too. Here's a simple recipe you can try.

- 4 cups cooked quinoa
- 1/2 cup red onion, diced
- 1 cup bell peppers, chopped
- 1 cup cucumbers, chopped
- 1 cup cherry tomatoes, halved
- 1 cup black beans
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- juice of one lime
- 1 teaspoon ground cumin
- 1/4 cup parsley, chopped
- salt and pepper, to taste

Combine all ingredients in a large bowl, and serve.

## THE LATIN AMERICAN GRAIN

It was the South American Incas that first discovered quinoa, and according to *WHfoods.com*, this grain was recognized as "the gold of the Incas" because the Incan warriors believed quinoa gave them the stamina they needed.



## Packed to its Core

A study published in *Advances in Food in Nutrition Research* states that quinoa's nutrient composition makes it a great alternative to the current grains you consume. "What's great about quinoa is that it's less starchy and has a higher protein content," explains Gonzalez. Quinoa contains all nine essential amino acids—some of which our bodies cannot make on its own.

Aside from protein, it's also high in fiber, which aids digestion and helps lower your cholesterol. That's something you won't get from your good old *sinaing*. It's also a great source of nutrients like iron, magnesium, potassium, and zinc—all are essential for different body processes.



## Life in Technicolor

Follow these smart styling cues to turn your home into an intimate and personal artwork

BY KATHERINE LOPEZ • ILLUSTRATION BY JL PATULAN



When collecting pieces of art for your home, don't buy in bulk. "Your taste will change as you grow older or as you discover new more things," warns Bong Rojas, co-owner of My Apt. Allot for these changes by buying a few at a time.

**CHOOSING A PIECE OF art** to showcase in your man cave is a lot like choosing a girl to pursue—it can get complicated. Worse, if you pick a piece that doesn't jive with who you are, it'll be like being stuck in a bad romance. The first step in simplifying the process: "There should be a strong connection between the art you will display and your personality," says Thor Balanon, co-owner of furniture and lifestyle store Space Encounters, and a collector of vintage posters and action figures. "List down your favorites: toys, gaming, women. Simply choose from there."

Once you figure that out, crib these notes on transforming your space into an astounding work of art.

### TO PICK THE RIGHT PAINTING...

**Think of a theme** "Choose a general theme—for example, fantasy, surreal, joy, or dread—and ask someone who is more art-savvy to go to the Salcedo Park art weekends with you," Balanon suggests. "If you're not confident with your taste, it's always better to have a consensus since art is part-investment."

**Pick what you like** "Don't just buy because it's affordable. First, you have to love it and still like it for years to come," stresses Bong Rojas, co-owner of home and lifestyle store My Apt. "The other factors include cost and fit for your space. Dimensions are very important for that proportion to your open spaces. Also, pair it with good lighting and the right wall color to make it stand out."

### TO PIMP OUT YOUR POSTERS...

**Look for rare prints of your favorite movie on eBay** "My Star Wars poster is the original one sheet from 1977," Balanon shares. "This adds nostalgia and a certain smugness when your friends are stumped as to how you came across such a rare poster."

**Showcase your chosen ones** Invest in simple but good-quality framing. A simple wood or black-lined frame is all you need.

### TO SHOWCASE AN AWESOME SCULPTURE...

**Follow a certain mood** "As long as you have in mind a particular mood that you want your pad to evoke, it will be easier to choose a sculpture," explains Balanon. Still not sure? Get the opinion of art-savvy friends, too.

**Assign a special spot to it** "The place for a sculpture would probably be more dedicated and special because you may not want to put it alongside other objects," notes Rojas. The last thing you want is for someone to grab the artwork and use it as a paperweight.

### TO ADD CLASS TO YOUR PHOTO WALL...

**Go black and white** A mono print automatically stands out because it's not colored. Rojas adds that it can be a good centerpiece especially if it's a really nice photo.

**Display candid shots** A stolen-moment shot is an instant conversation starter, Balanon points out. Time to ditch those ID-style pictures.

### TO TELL YOUR OWN TOY STORY...

**Display them on a shelf** "Shelving and lighting are important in displaying action figures," Balanon states. Another upside: The higher location makes it harder for visiting little kids to grab your collection. Organize them by series. Since you're getting your inner geek on, take it up a notch. "Unopened boxes or packaging should be stacked neatly, according to series and line to add more 'power' to your display," Balanon advises.

**Showcase your chosen ones** Unless you own a toy store, there's no need to have everything in your collection out in the open. "Just display a few items if you want art and design pieces to stand out," recommends Rojas.





"When someone is angered [while driving], that stress rattles them and means they can't process traffic data as effectively," notes Lisa Dorn, Ph.D., director of the Driving Research Group at Cranfield University in the UK. Accept it: Someone is going to cut you off. So in the words of Elsa: "Let it go."



## Be Steady on the Road



**Yes, your car may be smooth. But as a driver, are you?** Paulo Rafael Subido, associate editor of *Top Gear Philippines*, shares some tips on how to be swabe behind the wheel

**When Accelerating:** "It's not an on/off switch, so avoid mashing the gas pedal. Instead, steadily put weight on it for smoother acceleration. Similarly, when releasing the gas pedal, avoid letting go abruptly—just ease off it."

**When Braking:** "The brake needs a smooth touch, too. Feather the brake, don't jam it, and have a smooth release for a jerk-free ride. The real trick is to keep your eyes up on the horizon and observe the flow of traffic ahead of you."

**When Taking Turns:** "Avoid making abrupt hand and arm movements and diving into corners. Instead, shuffle your hands along the steering wheel after properly decelerating to take a turn smoothly. Reminder: Keep your hands on the 11 and 2 o'clock (or 9 and 3 o'clock) positions for maximum control of the steering wheel."

# All About the Suave

The all new-Hyundai Sonata is a midsize sedan that combines comfort and elegance in a budget-friendly package

BY ENRICO MIGUEL T. SUBIDO

## → SILKY-SMOOTH

The Sonata comes to life at the push of a button, and after taking off, the first thing you'll notice is the smoothness of the drivetrain. Power from the 2.4-liter Theta II mill, which maxes out at 176 horses, is transferred evenly to the front wheels via a 6-speed automatic transmission. And thanks to better interior soundproofing and an improved suspension that effectively dials out the bumps on our roads, the Sonata makes a statement for Korean car comfort.

## UNDERSTATED ELEGANCE

A less sporty look compared with that of its predecessor is not exactly a bad thing for this current model. The design elements come together better this time around: Straighter body lines, a flatter-looking snout, and a squarer rear end give the car a quiet elegance that borders on unpretentiousness. Still, Hyundai doesn't overdo the modest look to the point that the Sonata seems meek—restyled head- and taillights, 18-inch rims, and chrome accents provide just the right amount of flair. As we were driving around, heads kept turning our way. And let's be clear about one thing—we're not stare-worthy individuals, so really, the passersby had to be checking out our ride.



## Perk Ups

Life is good if you're a passenger in the 2015 Hyundai Sonata. Its plush leather seats are set at a comfortable angle, while side-window shades, a power sunshade, massive legroom, and rear air-conditioning up the comfort factor.

Still, being behind the wheel is just as pleasurable an experience. The luxe treatment starts with the electronic eight-way adjustable driver seat (that can store two presets), continues with the ergonomically designed dashboard, and finishes strongly with the car's confident and relaxed driving manner.

## SAVING GRACE

At P1,898,000 for the Premium variant and P1,698,000 for the GLS variant, the Sonata's price is hard to beat. Hyundai is also offering this 2015 model with an eight-year or 160,000-kilometer limited powertrain warranty. Ultimately, though, it all boils down to what you're looking for. The Sonata won't please drivers who want to feel like they're driving a race car, but it will draw more smiles from those who like to feel relaxed on the road, and who now don't have to spend an arm and a leg to buy a comfy car.







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# F grooming

## Feet Treats

**Your feet take a lot of beating so they deserve some TLC. With simple and easy-to-do steps, you and your feet will feel relaxed and rejuvenated in no time**

BY AMADOR R. MADAMBA

### At-Home Foot Care Regimen:



#### Step 1:

Soak your feet in a foot spa massager that has several modes to massage, retain warmth of the water, and bubble. The foot soak softens and hydrates your skin and soothes your muscle aches and pains.

■ BUBBLE FOOTSPA MASSAGER, P1,299, WATSONS, SM MALL OF ASIA, SM MEGAMALL, AND SM CITY NORTH EDSA.

Mix a few drops of an anti-bacterial foot soak in the warm water to soak your feet.

■ ANTI-BACTERIAL FOOT SOAK CITRUS 250 ML, P129, FOOT TREATS AT SM MALL OF ASIA, SM MEGAMALL, AND SM CITY NORTH EDSA. AFTER 10-15 MINUTES, REMOVE YOUR FEET FROM THE FOOT SPA MASSAGER AND RINSE THEM WITH CLEAN WATER IN A SEPARATE WASHTUB.



#### Step 2:

Smooth and refresh your rough feet with a scrub infused with mint to soften and exfoliate dry skin.

■ EXFOLIATING FOOT SCRUB 177 ML, P79, SM MALL OF ASIA, SM MEGAMALL, AND SM CITY NORTH EDSA.



#### Step 3:

Use a pumice stone to soften and remove rough, callused skin, and use a soft bristle brush to clean above and underneath your toenails.

■ PUMICE STONE/NAIL BRUSH, P209.75, NEAT FEET BY TRIM AT THE LANDMARK, MAKATI AND TRINOMA. RINSE AGAIN WITH CLEAN WATER AND TOWEL DRY YOUR FEET.



SAY NO TO STINKY

Soak your feet in salt water every day for two weeks if your dogs stink. The salt pulls moisture out of your skin, limiting the amount of bacteria that can survive, says Al D'Angelantonio, a podiatrist at Perelman School of Medicine in Pennsylvania.



#### Step 4:

Trim your toenails in a few small cuts using toenail clippers. Cut straight across and avoid cutting your nails into a curved shape to prevent ingrown toenails and infection. Smooth out the cut edges and corners using a chromium plated file coated with ultra-fine sapphire dust with two grain sizes—coarse and fine—to ensure gentle treatment of your nails.

■ SAPPHIRE NAIL FILE, P119.75, TITANIA SOLINGEN AT THE LANDMARK, MAKATI AND TRINOMA. THE FILE HAS AN INTEGRATED SKIN PUSHER IF YOU WANT TO PUSH THE CUTICLES OF YOUR NAILS FOR A NEATER APPEARANCE.



#### Step 5:

Apply a foot cream enriched with menthol and matricaria recutita extract to moisturize, refresh, and cool your feet.

■ PEPPERMINT SCENTED COOLING FOOT CREAM 150 ML, P89, SM MALL OF ASIA, SM MEGAMALL, AND SM CITY NORTH EDSA.



#### Step 6:

Use a foot spray formulated with anti-bacterial and anti-fungal ingredients to control and eliminate odor causing bacteria and to keep your feet fresh and dry all day.

■ ODOUR CONTROL FOOT SPRAY 150ML, P154, BEAUTY FORMULAS AT SM MALL OF ASIA, SM MEGAMALL, AND SM CITY NORTH EDSA.



#### Step 7:

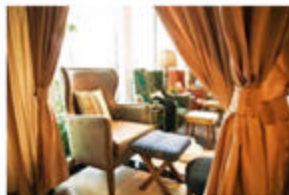
Instantly relieve discomfort and tired feet wherever you are with a convenient thermoplastic rubber foot roller to massage your foot muscle and increase blood circulation.

■ SOFIGEL FOOT ARCH ROLLER, P174.75, BURLINGTON AT SM MALL OF ASIA, SM MEGAMALL, AND SM CITY NORTH EDSA.

## DIP INTO BLISS

If you want the best in foot pampering, then head to Maison by Nail Spa where you can experience traditional nail cleaning services in a posh and relaxing environment. They offer several levels of treatments for your feet and hands ranging from the brisk basic service to the ultimate indulgence, Paraffin Intense. The Paraffin Intense Feet treatment includes aromatherapy, a detoxifying soak, exfoliating scrub, skin toning using natural and organic products, cleaning, paraffin bath dip, and a 45-minute reflexology massage. The warm paraffin bath eases muscle aches and joint pains, and the melted wax boosts your skin's moisture content.

Maison by Nail Spa  
G/F Edades Tower & Garden Villas  
Rockwell Center, Makati City.  
Tel. 893-2823  
[www.nailspa.com.ph](http://www.nailspa.com.ph)





# F take it from him

## STRAIGHT SHOOTER

Sta. Maria is practical with legal advice

# Act Justly

The soft-spoken lawyer, educator, and co-host of 92.3 News FM's *Relasyon* and TV 5's *Solved na Solved* breaks down legal concerns brought to him and explains in layman's terms how the laws work to help solve such issues. Still, Attorney Mel Sta. Maria is also honest, firm, and frank about where the law stops and where personal action starts. Learn his secrets on achieving such delicate balance in dealing with your own conflicts

INTERVIEW BY WAYNE JOSEPH TULIO • PHOTOGRAPHS BY JUN PINZON



KNOW THY LAWS

You don't have to memorize all the statutes. A basic understanding can go a long way. "He who has less in life must have more in law, but you can't have that if you do not know the law," quips Sta. Maria

## SAY IT STRAIGHT

[When giving advice], I have to be straightforward. You cannot make people expect, *lalo na yung mga feeling nila eh agrabyado sila. Dapat malumanay ka. Sinasabi ko, "Huwag po kayong mabibigla at baka may masabi akong hindi niyo magustuhan."* Inuunahan ko na siya sa mga sasabihin ko. Pranka din ako.

## STAND FIRM

There are things that people should know and I won't hesitate to ask. Nothing will be gained if you think you have to ask something *at itatago mo lang*. I'm ready for brickbats. I know that if I give an opinion, there will always be another side that can be very, very nasty. But it's part of the territory. People will disagree with me but I take it in stride because this is the field I chose to be in.

## SHARE YOUR WISDOM

The law is for all. It's a natural progression for me [to be an educator]. If the intention of the law is for the public to know their rights and not be ignorant, doing it through the media is probably the best way to do it. *Kaya in effect, hindi na ako nagpra-practice ngayon.* I'm the dean of FEU's Institute of Law and I'm in the media. I deal with a lot of people—law students who will disseminate the law, and the media where the reach is massive. *Kasi isang salita mo lang sa radio, makakatulong ka na.*

## BE INFORMED

Our society is definitely integrated by certain norms of conduct defined by law. *Kaya ang ganda rin na malaman mo ang batas para alam mo ang rights mo.* In short, law is everywhere. Ang objective namin is to empower the masa. *Para magkaroon sila ng lakas ng loob at igiit ang nasa batas.*

## ALWAYS ALLOW FOR OPTIONS

*Para sa akin kasi,* while the law has set standards, there may be practical solutions to a problem that's better. [Sometimes], the practical side weighs far greater than the legal side. These are the things that I want to relay to the public. That not all things determined by the law should be your basis when making decisions. Sometimes, practicality and common sense are better for your situation.



# F health



Getting your dose of veggies can help you stay hydrated. Lettuce is 90 percent water while cucumber has lots of it, too. You pack in nutrition and hydration in a meal.

## Are You Hydrated Enough?



Don't let your body's well run dry. Hydrate the right way with this guide

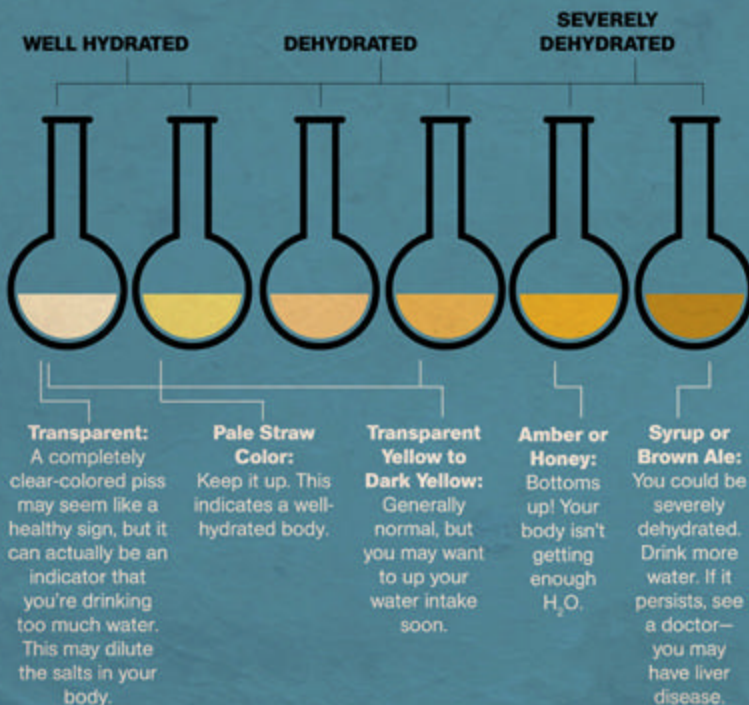
BY ROANNE DURAN • INFOGRAPHICS BY CLEO SEREVILLA

WE'RE AT THAT TIME of the year again when it feels as if we're living in between hell's butt cheeks. Okay, bad mental image. But one positive thing about summer is almost everyone stays active to look good in beachwear. The flip side? Many of us forget to replenish the fluids we've lost from sweating constantly!

Staying hydrated is essential to keep your body from shutting down. How do you ensure your body doesn't go short on H<sub>2</sub>O? Here are seven ways to help you stay hydrated all throughout the day.

### TAKE THE PISS TEST

Know how much you should take in, by checking what you put out. A study by urology experts at Cleveland Clinic in Ohio explains what's behind the color of your urine.



### KNOW THY SWEAT RATE

pre-workout



**Step 1:**  
Check your weight (in pounds) before and after your workout.

post-workout



**Step 2:**  
Subtract your post-workout weight from your pre-workout rate.



The result is your water weight lost.

### THE DAILY INTAKE

Know how much H<sub>2</sub>O your body really needs with this simple equation from holistic nutritionist Yuri Elkaim, B.P.H.E., C.K., R.H.N. author of *The All-Day Energy Diet*



sitting



walking



cooking

**Determine your daily activities.**

Basic or non-strenuous activities like sitting in your cubicle, walking in the parking lot, and cooking require minimum recommended water intake.

$$\text{Scale icon} \div 2 =$$

**Divide your body weight (in pounds) by two.**

**Example:**  
140 pounds / 2 = 70oz.  
or approx. two liters of water per day



**Drink up.**  
The result is your minimum recommended water intake in ounces.

**Pro Tip:**

If you're sweating profusely from your workout, drink an additional liter of water with half a teaspoon of salt to rehydrate better, recommends Elkaim.



Reload on lost electrolytes after a grueling sweat-out session by following these three steps

500ml

**Step 3:** Drink two cups

(approximately 500 milliliters) of water for every pound of water weight lost.

#### PRO TIP:

"Even if you can't measure your sweat rate accurately, consider the type of activity, temperature, and humidity of the environment," advises Dimple Pelaez, a fitness coach at 360 Fitness Club in Makati. "For example, you'll definitely lose more water running at noon compared to running at night."

## SNEAKY NON-HELPERS

The labels won't say it, but these common ingredients in drinks can do you more harm than good when taken in excess

### caffeine

A stimulant that can cause dehydration due to its diuretic properties, it also increases your heart rate and blood pressure.

### sugar

The sweet stuff has added calories. It can likewise cause a rapid spike in insulin levels followed by a rebound effect of excessively low sugar levels, commonly known as "energy crash."

### taurine

It's unclear whether taurine really improves cognitive performance, but combined with caffeine in an energy drink, it also causes your heart rate and blood pressure to shoot up.



## THE WATER PILL

THE SKINNY ON DIURETICS

**What they are:** Also called "water pills," diuretics are substances that reduce water and salt from your body. As medicine, they're mainly prescribed for high blood pressure, diabetes, and some types of liver and kidney diseases

**What they do:** "Diuretics increase sodium excreted by the kidneys, thereby drawing H<sub>2</sub>O from the blood," explains Adrienne Dy, M.D., a general practitioner and writer for the Unilab Foundation. "They work directly on kidney tubules and use active transport of salt. The overall effect is lower blood pressure." • Caffeinated and alcoholic beverages also have a diuretic effect on your body, so when consuming them, make sure you also drink water.

## DIY DRINK

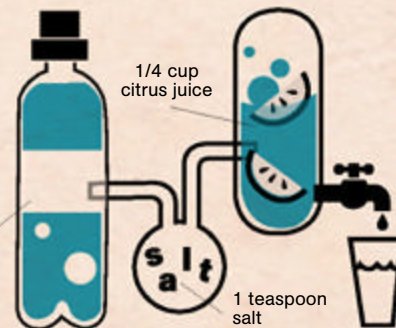


Follow this simple recipe for your own hydration fuel

1 liter

1/4 cup citrus juice

1 teaspoon salt



**+ 1 liter of water**

**+ 1 teaspoon salt** – electrolytes are basically salts; having enough of these maintains specific bodily functions at optimal levels

**+ 1/4 cup citrus juice** – lemon, lime, orange, and grapefruit are good sources of electrolytes, and add kick to your hydration drink

## THE HYDRATION FRUITS

Load up on these fruits for nutrition and an instant H<sub>2</sub>O boost



### Watermelon

Made up of 92 percent water; rich in vitamin C



### Strawberries

High water level; rich in potassium and sodium that help maintain body fluids



### Pineapple

Contains about 87 percent water; highly recommended recovery fruit after workout



### Bananas

Made up of 74 percent water; rich in potassium, which helps stave off cramps



### Citrus Fruits

Rich in electrolytes; packed with vitamin C









**A R E**

**Y O U A**

**R I G H T E O U S**

**D U D E ?**



DOING GOOD IS GOOD FOR YOUR HEALTH.  
BUT WHAT HAPPENS WHEN A MORAL CODE  
BECOMES TOO COMPLICATED TO  
DECIPHER? IT'S TIME TO RETHINK YOUR  
NOTION OF RIGHT AND WRONG





# M

**MUCH CAN CHANGE IN A DECADE. CONSIDER** your behavior between the sheets. In 2002, a nationwide survey found that around one in five youths popped their cherry before the age of 18—and the act of marriage. Fast forward to 2013, where another survey—conducted by the same group of University of the Philippines Population Institute researchers who did the first study—found that percentage rose to 32 percent...or one in three.

A man's sex life, whether we like it or not, has always been a flashpoint when it comes to morality. As the raging debate about good or bad sex and marriage teaches us, shifts in both attitude and behavior can make for a moral tempest. But as times changed, the line between right and wrong seem blurrier these days. Signposts can be ambiguous—is that shortcut over there the smart way to go, or does it skip past essential steps. We decided to ask what men think.

Back in 2004, *US Men's Health* ran a poll to check the moral pulse of the average guy. This year we did it again. The responses, from nearly 1,500 men, were not encouraging.

Compared with 10 years ago, the number of guys today who've allowed a drunk friend to drive increased one and a half times. Twice as many men have revealed a close friend's secret,


**FLAME OUT**  
Only 16 percent of men say they always act morally

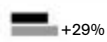
## VIRTUE: BY THE NUMBERS

WE POLLED MEN IN 2004, AND AGAIN IN 2014. GUYS, IT LOOKS LIKE OUR MORALS MIGHT BE FAILING US.

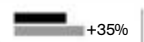
● 2004  
● 2014

### THE LOVE GAME

**50%**  +257%  
have lied to get a woman into bed.


**36%**  +29%  
have cheated on their spouse or significant other.

**37%**  -38%  
believe that having secret drinks with a former girlfriend constitutes cheating.


**54%**  +35%  
have lied to their wife or girlfriend about where they went.


**16%**  +23%  
have had sex with a buddy's wife or girlfriend.

### BEST-BUD PRACTICES

**55%**  +38%  
would help a good buddy conceal a messy affair from his wife or girlfriend.

**56%**  +47%  
admit that they have allowed a friend to drive drunk.

**48%**  +92%  
would feel obligated to inform a female friend if her husband was cheating.

**55%**  +6%  
would act as a false reference to help a friend land a job.

**43%**  -14%  
have lied to a friend's wife about where they went together.





and three and a half times as many have lied to get a woman into bed. But cheating on your significant other is still unethical—right? Probably not, according to the 28 million users of Ashley Madison, the online dating service for married people. The site's slogan: "Life is short. Have an affair." (They launched a Philippine version last year, to great controversy.) And our survey found that cheating is indeed up: In 2004, 28 percent had done it. In 2014, it's 36 percent.

Today, moral dilemmas fill our news feeds—like your recent quandary, perhaps, over whether to accept last year's ALS ice bucket challenge. Overall the campaign was a success; it raised more than \$100 million. Yet it's likely that most of the people in the videos were projecting a do-good image without actually doing good. When the analytics firm RJMetrics scrutinized 1,500 of the videos, it found that only 20 percent mentioned a donation. The point was to raise money—but 80 percent probably failed to crack their wallets.

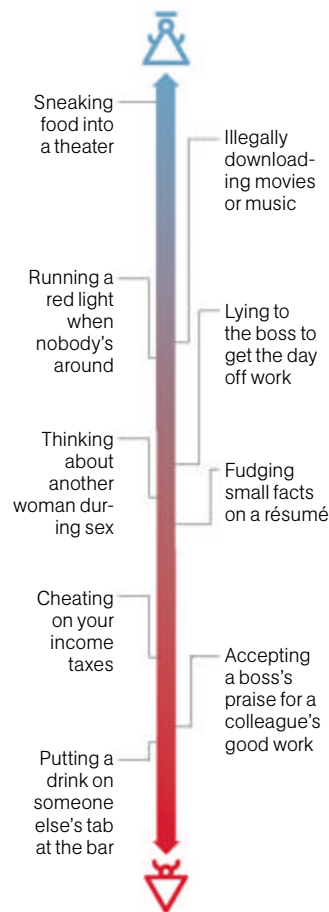
In 2004 we cited research linking generosity with longer life. More recently, researchers at UCLA noted that people whose happiness came from a deep sense of purpose—the kind you get from helping others, as opposed to the more superficial pleasures provided by self-gratifying behavior—had lower levels of inflammation and greater antiviral and antibody activity, indicating stronger immunity.

On some level, you probably sensed that doing good is good for you. But since "doing good" usually means doing something for someone else, maybe it wasn't a priority. In our new survey, 93 percent of respondents claimed to be moral. Yet 84 percent said they sometimes acted immorally. So do you wipe up your sweat at the gym, or leave it for the next guy? Accept the boss's praise, or deflect it to the colleague who really deserves it? You know what's right, but it's easier to act in your own self-interest. And the payoff comes faster.

Perhaps that helps explain the success of the Facebook "Like" button. In a 2014 study, Kurt

## SPECTRUM OF SIN

WE ASKED: ON A 1-TO-10 SCALE, HOW IMMORAL ARE THESE EVERYDAY INDISCRETIONS?



Source: Men's Health poll of 1,430 men

### FAMILY LIFE

47%

-11%

say lying to their kids about their past drug use is morally okay.

42%

+8%

have no problem with lying to their family about whether they've been drinking.

60%

+5%

say it's fine to lust after their daughter's hot college friends.

27%

-21%

say it's totally fine to lust after their daughter's hot high school friends.

12%

-43%

would lie about military service to teach their kids about sacrifice and patriotism.

31%

+24%

would help their daughter obtain birth control—and keep it a secret from the wife.

### OFFICE CULTURE

20%

+82%

have padded a company expense report.

5%

-72%

would misrepresent corporate finances to shareholders.

20%

-31%

would follow an order from a superior to do something unethical.

8%

-60%

would share a current employer's business secrets while interviewing at a new firm.

34%

+162%

have cheated to improve a golf score.

62%

+48%

consider it immoral to read confidential documents left by an office printer or fax.





**HELLO, HALO**  
Science says good  
behavior can help keep  
you healthy

Gray, Ph.D., director of the Mind Perception and Morality Lab at UNC Chapel Hill, and his colleagues analyzed the 1.17 million members of the Save Darfur page on Facebook. As with the ice bucket challenge, most participants were more invested in the idea than they were in action. Among the nearly 100,000 original members, 99.8 percent didn't donate and 72 percent never recruited another member.

"They raised almost nothing compared with what a similar campaign would have raised offline," says Gray. "The reason is that you got to look great without having to pay."

The Internet makes it easy to score a quick hit of feel-good emotion without actually doing anything. But if morality is considered a nutrient, then the cheapest forms of online activism are just doughnuts. "It's the equivalent of refined foods," says Gray. "It's engineered to make us like it, but it's ultimately empty."

None of this is to say that we've all become selfish pigs. In one surprising shift in our poll,

today's guys are more virtuous at work. We're now less likely to steal office supplies, share company secrets while interviewing for a new job, or carry out a boss's unethical orders.

So how can you be a better man? No need to spend every weekend in a soup kitchen. It's more important to simply consider your impact on the world and aspire to make it slightly better.

Gut check time: Evaluate your moral code right now, and ask yourself how well you're following it. Be honest, because if you're slipping up and turning into the kind of jerk even you can't respect, you're undermining your health and happiness. "To be good, everything must be entirely good," says Bro. Clifford Sorita, Sociology Professor at Philippine Women's University. "For when we are guided by this, we will strive to perform human acts in moral perfection."

But if you feel good about yourself, you're probably well nourished with virtue. And please—when this story goes online, don't forget to "Like" it on Facebook.

## 10 "NON-COMMANDMENTS" FOR NONBELIEVERS

In the recent book *Atheist Heart, Humanist Mind*, authors Lex Bayer and John Figdor decided to crowdsource a list of 10 "non-commandments" that could provide a structure for a humanist morality. "We wanted to consider: Okay, so you don't believe in God, what's next?" explained Bayer. "And that's actually a much harder question." From over 2,800 submissions from 18 countries, Bayer, Figdor and a team of 13 judges narrowed the list down to the following:

1. Be open-minded and be willing to alter your beliefs with new evidence.
2. Strive to understand what is most likely to be true, not to believe what you wish to be true.
3. The scientific method is the most reliable way of understanding the natural world.
4. Every person has the right to control of their body.
5. God is not necessary to be a good person or to live a full and meaningful life.
6. Be mindful of the consequences of all your actions and recognize that you must take responsibility for them.
7. Treat others as you would want them to treat you, and can reasonably expect them to want to be treated. Think about their perspective.
8. We have the responsibility to consider others, including future generations.
9. There is no one right way to live.
10. Leave the world a better place than you found it.





# GOOD AFTER GOD

A PINOY ATHEIST, IN HIS NON-BELIEF, REFLECTS ON HIS MORALITY AND HIS PLACE IN THE UNIVERSE

BY MIKE AQUINO

I

**"I HAVE A HIGH-SCHOOL BUDDY** who became an atheist last year," someone once told me. "Last month, he left his wife and three kids to shack up with a teenager in his science

meet-up group. So what's stopping you from doing the very same thing?"

Believe it or not, I hear this—plus other bizarre inquiries—constantly from the few people I've "come out" to as a nonbeliever. You want to know what's stopping me from flipping you on your stomach and bugging you on the spot? You want to know what's stopping me from robbing a bank? Staging an orgy? Going on a kindergarten killing spree? Honestly?

My response: I get to do all the orgies, anal rape, and murderous rampages I like. Which is zero.

## Lack of Godless Excess

In fairness, most of those who ask that question are lifelong churchgoers, as I was until 15 years ago. Back then, I, too, agreed with the commonplace religious perception that a Godless life was necessarily immoral—or at the very least, lacking any moral guardrails.

So it might surprise the 20-year-old Catholic me to find a 40-year-old non-believing me living in the complete opposite of Godless excess. Earning an honest living as a writer, happily married, and raising a now-six-year-old little girl.

All the values that my old religion took credit for seems to have remained in place when religion was taken out of the picture. Love for family. Fidelity to friends. The preference for good over evil, love over hate, justice over injustice. On all these counts, I seem to be doing better than some people who declare themselves to be on the side of God.

## More Religion, More Moral?

I only really began to change my mind about faith in 2000. That year, it occurred to me that women in my church were being given a bum deal—I had read about Lavinia Byrne, a nun whose books had been literally burned for her support of female priests. It dawned on me then that the priests might not be as just in their dealings as they claimed.

The process accelerated when I realized I was working for a thoroughgoing narcissist, an



advertising magnate/political lobbyist who also headed a charismatic religious group. Both corrupt *politicos* and pious followers sought his advice, but it was the latter who were sold a worse package of bullshit.

This was, after all, their shining, virtuous leader who, when his followers were out of the room, would badmouth his flock, claim to read minds, and tear into his enemies—for instance, by spreading rumors that a hyper-competent female head of a rival ad agency had "slept her way to the top."

Years of exposure to his malignant personality finally came down to one question: If Christianity made you moral—and more Christianity made you more moral—then how the hell do I explain...him?

## Empathy Independent From Religion

My life is full of well-intentioned Christians who think they have an answer to the riddle that still manages to square with conventional Catholic belief. None of their answers ring true to me. It turns out that the riddle resolves itself neatly, when you break the connection between "being religious" and "being good."

Yes, there are religious folk like my narcissistic ex-boss...and there are nonreligious folk who live fulfilling, generous lives. It helped that I knew several atheists of this sort: pillars of their community who surpass many religious folk in virtue and generosity, but claim a deep aversion to religion.

Because it turns out that empathy for your fellow human operates independently from religious belief. Its basis is hard-wired in the

average brain—religious and nonreligious people alike possess mirror neurons that force you to experience someone else's pain if you see it with your own eyes. It's also reinforced by society—secular communities are just as good at negotiating and enforcing proper conduct as their religious counterparts.

## Can't Force It on Others

Simply put, we all have the capacity for great good and terrible evil. The only difference with me is that I've simply started giving credit where credit is due: I alone am responsible for the good and the bad that I do. I accept both the plaudits and the blame. As the magician Penn Jillette put it, "Believing there's no God means I can't really be forgiven except by kindness and faulty memories."

But it also means there's no Big Guy who can right the balance in this life or the next. In the absence of a Final Judgment, we have to work on justice for ourselves in this life, before the end. Because when we die, that's it. Worm food.

It's an uncomfortable belief. That's why I don't force it on others; doing right by your fellow people is something you have to accept as a human duty, and a lot of people would still rather leave the whole justice thing to God. "Vengeance is mine," saith the Lord, as he saith about a whole lot of other things.

I disagree on principle. My mind is mine. My conscience is mine. My knowledge is mine, with no God or church to determine what I read or listen to as sacred or profane. It's not rebellion. It's responsibility. ■









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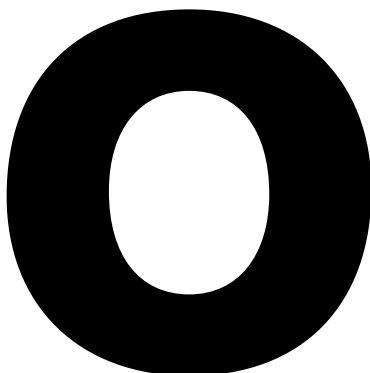
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AND ROY SEVILLA HO

**She wants to have a talk. No, not *that* talk. What you find here are six of those “WTF” moments every relationship goes through—including the ways to smoothly deal with these mind-boggling scenarios like a true gentleman**

PAGE





One moment, you're loafing around the couch, just doing your own man thing, and the next, your girl has blindsided you with a request that seems to come out of nowhere.

She's good at it, too. She butters you up first, calls you "hon" and "sweetheart"—and then suddenly goes for the jugular. Boom! And not in the good, just-nailed-that-final-shot-in-a-game-of-*bente-uno* kind of way. She caught you flat-footed, and you're left staring, mouth agape, brain furiously racing as you stammer out the proper reaction. What do you do? What do you say? And most important, where the hell did that come from?

Take note, gentlemen: These aren't bad things. It's not like she's asking you to break up with her. These situations are just, well, a bit puzzling. We've rounded up six of her most baffling requests and show you exactly what you need to do to deal.



**RELATIONSHIP  
SAVER:  
A FRIENDSHIP  
WITH HER  
'RENTS**

A University of Michigan study found that men who were close to their wives' parents early in the marriage were less likely to wind up divorced after 16 years.

**RELATIONSHIP  
SAVER:  
THE SEX  
AMNESTY**

It's what you'll need to beat back bedroom monotony, says Cynthia Graham, editor of the *Journal of Sex Research*. Tell your partner that you two won't have sex for two weeks. After the first few days, initiate a touching session. "Touch each other where you want to, not where you think they want it. We're so obsessed with giving pleasure that we don't think about our own," says Graham.

# 1

## She Wants to Get a Boob Job

Before you think she's crazy for wanting double Ds, try asking her how she feels first. "There are tons of reasons a woman in a happy relationship would want to change the way she looks," contends Jaye, 26, a writer. "We want to keep ourselves pretty and desirable, not because we're cheating on you, but to satisfy our own desire to look good. I would want to stay sexy because I would also like him to make an effort to look good for me, no matter how long we've been together."

It's not just you who's obsessing about her boobs, after all. She is, too. "The female breast is a very important part of a woman's body, in terms of how a woman feels about herself in public, how her clothes fit, and how she feels about herself sexually," explains David Reath, M.D., chair of the public education committee of the American Society of Plastic Surgeons.

### ● HOW TO DEAL:

Ryan Uy, lead dating coach of *Attraxion Arts*, ([attraxionarts.com](http://attraxionarts.com)) suggests that, no matter what your personal opinion is, it's important to let her know you support her. "Also, be sure to make her aware of the consequences of such a life-altering operation," he says. "Do your research and guide her through the process."

Chances are, she'll really feel good about the operation. A University of Florida study found that women who went through breast augmentation reported a boost in their self-esteem scores. So, if you don't like the idea of her getting breast implants, you'll have to clearly explain why. She will listen to you and you two can make an informed decision together. "However, if she still [decides to go for it] despite your vehement objections, accept it," advises Uy.

# 2

## She Wants to Meet with Her Ex

"There are probably only two reasons a girl would want to meet up with her ex: Either she wants to get back with him, or she wants to show that she's better off without him," reveals Ana P. Santos, relationship therapist and founder of *SexAndSensibilities.com*. If you're in a happy relationship, then there's no reason to think their meeting is anything but a way for her to rub it in his face that she's happy and content now with a new man. That means you, lucky sir.

### ● HOW TO DEAL:

You'll most likely feel jealous. Science, in fact, backs you up on this: Analysis from the journal *Cyberpsychology, Behavior, and Social Networking* found that being Facebook friends with your ex may amplify negative feelings—so what more when she's actually seeing him? Acting like an insecure, possessive man, however, will not earn you any *pogi* points. Consider the fact that she told you—or perhaps even asked your permission to meet her ex—as proof that she has no intention of rekindling that old flame.

Be generous about it and allow her to meet him once in a "safe" environment, where they can do nothing else but talk. Make it clear with her that you trust her not to make mistakes that will hurt you both. "But be on alert that a short conversation over coffee doesn't stretch to a movie or to dinner date next time. There's just no point to a next time," stresses Santos.



**Stomp that jealousy  
to the curb—the  
only reason she  
wants to stay sexy is  
because she wants  
to be sexy**





# 3

## She Wants to Have a Threesome

While it might feel like you've won the lottery when she finally asks you to have a *ménage à trois*, it's important to understand her motivations and consider the possible implications of such an affair. Sure, not a lot of women in happy relationships would consider having another person in her bed, but gals with a voracious sexual appetite would appreciate the excitement that variety brings. She's not bored with you (we hope)—but dipping your toes into taboos might take your relationship to a whole other level.

On the other hand, "she could be seeking validation and attention," notes Uy. As a general rule, the longer a relationship runs, the less we appreciate our partners physically, "so there's nothing more confidence-boosting than being lusted after by two people," Uy adds. There's also that element of consciously regressing to your primitive self and tapping your basest instinct—the need to fight off others to acquire your mate—that is equally satisfying and alluring to her.

### ● HOW TO DEAL:

Uy suggests setting up some very strict threesome rules. Here's a sample:

- "The third party should be anonymous and not likely to belong in your immediate circle. Note your six degrees of separation well."
- "You get to screen, qualify, and choose the third party with your girl."
- "There must be no penetration outside of your relationship."
- "Always use condoms."

Consider your decision and what she wants. You may balk at the thought of having another guy share your partner, or be excited at the thought of sleeping with two girls. Whatever the setup, think long and hard about it. If you decide to try it out, you can take this as your golden ticket to your next big adventure.

**RELATIONSHIP  
SAVER:  
THE  
HANDWRITTEN  
NOTE**

**Screwed up again? Instead of getting flowers and gifts to barter for her forgiveness, try writing a longhand apology. "It's formal and unexpected, and shows you're being thoughtful," writes US MH Girl Next Door columnist Ali Fedotowsky.**

# 4

## She Admits to Cheating on You

Before anything else, acknowledge this: The fact that she's coming clean instead of doing everything in her power to hide her mistake speaks volumes about her character and her intentions. Chris, 28, an account executive, recalls her admission to her boyfriend. "I knew our relationship was coming to an end because there was no going back after that. I felt that, despite our ups and downs, I owed it to him to at least be completely honest about why I was leaving him," she says.

Meanwhile, Anne, 29, an HR manager, thinks it exhibits maturity and a desire to try and save the relationship. "I've made that mistake a couple of times in my past relationships, but this time I told my boyfriend I cheated. Not to hurt him or to clear my conscience, but to own up to my mistake and sincerely apologize for it," she explains.

Whatever you do, don't resort to the blame game. "Everybody makes mistakes," states Uy. "In fact, a woman who values the relationship but cheated on you probably has some good reason at the time. She probably felt unloved during those moments, prompting her to seek validation from other men, sexually or not." Whatever the reason, the issue can only be resolved in two ways: break up or make up.

### ● HOW TO DEAL:

Uy's advice: Be understanding and act mature—no matter how much you want to bash that other guy's jawline. "It's neither manly nor cool. Also, it effectively discourages her from being honest with you about her mistakes in the future," Uy reasons. Ask for full disclosure (you deserve it, after all). Might as well hear it all and hurt in one go, than have snippets revealed to you when things are getting better. Once you get the full story, then you have to make the big decision: Do you forgive her or not? And that, my friend, is one decision you'll have to make on your own.





# 5

## She Wants to Travel the World, Solo

You two may mean the world to each other, but remember, there are plenty of places to explore outside of your living room and weekend *The Walking Dead* marathons.

Wanting to go on trips without you might mean one of two things: Either she needs some time away from you and your vegging out, or she wants to feel independent, free, and in charge. A report commissioned by the Pacific Asia Travel Association found that solo women travelers are “in search of adventure, social interaction, education, and self-understanding.”

Travel junkie JM, 26, a PR executive, recalls traveling to many places sans her boyfriend, simply because he’s the stay-in kind of guy. To his credit, he would let her go off on trips and learn new things on her own, which she enjoys extensively. “I’ve always wanted to travel around and visit all the places I’ve been reading about all my life. If a girl suddenly decides to go off on a solo trip, my money is on the fact that it’s just something she really wants or needs to do for herself,” she shares.

### ● HOW TO DEAL:

There could be lots of reasons she would want to spend time alone and away from you, so you should probe deeper. Uy suggests eliminating negative reasons first: “Discover what’s bothering her and help her overcome it. Stepping up to come to her aid would be the best move.”

If she’s simply going off for an adventure, then let her. To help keep you sane while she’s away, make sure you’re involved in her pre-trip planning. “A three-month preparation should be sufficient. During this time, you should research backpacking essentials, safety advice, tips, and do’s and don’ts, among others,” Uy enumerates. Become a partner in her trip and make sure she knows how to handle herself and deal with the culture of the places she’ll visit. “Also, give her a timeline within which to return home, of course. This is not an indefinite pilgrimage,” he says.

### RELATIONSHIP SAVER: THE SEXCATION

“Research has shown that couples report having more sex and better sex while on vacation than in their everyday lives,” says Jim Petrick, Ph.D., a professor in Texas A&M University’s Department of Recreation, Park, and Tourism Sciences. What are you waiting for? Pack your bags (and condoms), and go!

# 6

## She Wants to Do It in a Public Place

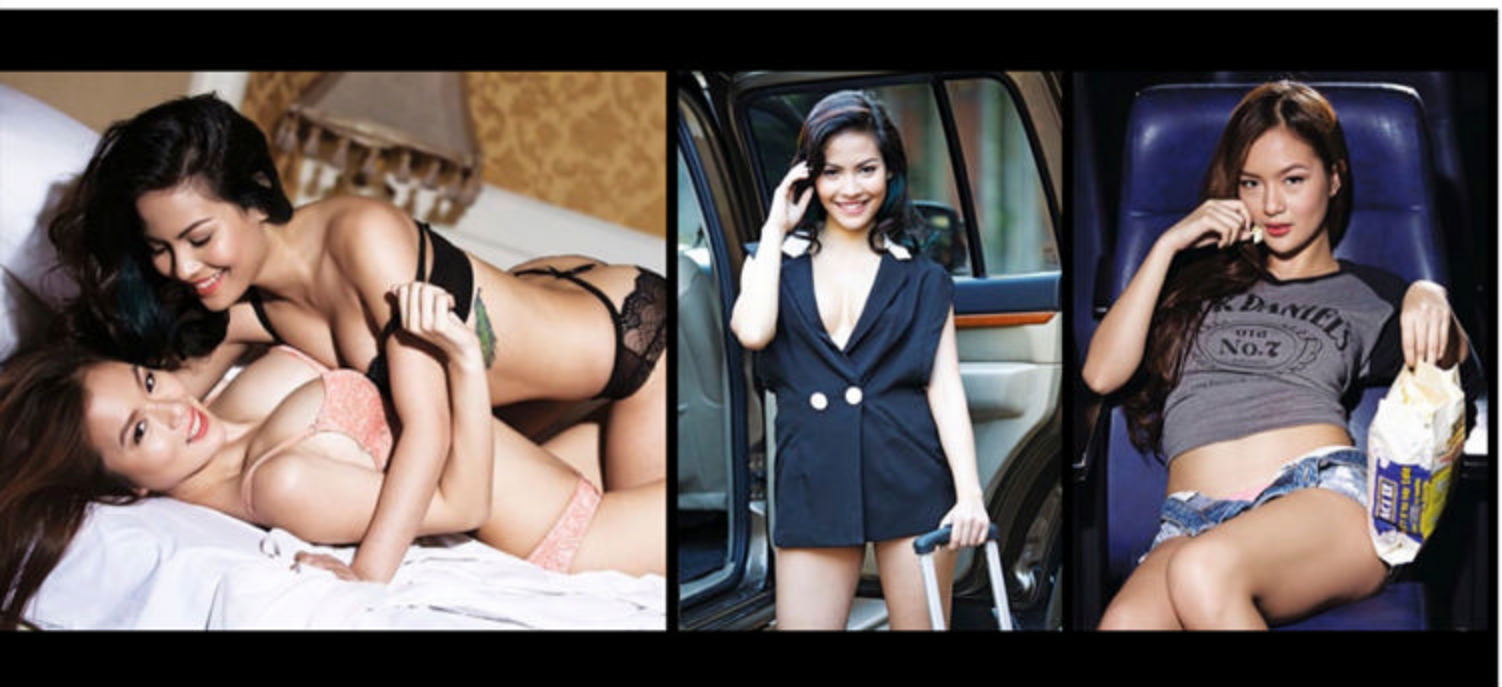
Well, why not? If anything, you should feel relieved that she was the one who brought it up. Men don’t have the monopoly on sexual fantasies. There’s no need to feel alarmed by her sudden desire to up the stakes, because “a person that explores taking the risk of having sex in a public setting is substantially different from a person that demands regularly to have sex in public settings,” points out Jon Echanove, a psychotherapy consultant for World Association for Positive Psychotherapy. “The former is simply motivated by exploration, and it would not be strange to find that attitude in young adults.”

Someone who asks for it on the regular, though, could qualify as some sort of psychological exhibitionist, adds Echanove. Doing it a couple of times should spice up your relationship in and out of the bedroom, but make sure that it doesn’t become the only means of enjoying sex.

### ● HOW TO DEAL:

When she makes her in-public play, just watch your reaction. “Don’t admonish her or swat her hand away if she reaches for your fly. You’ll embarrass her and make her feel slutty when she just really wants get jiggy with you,” Santos warns.

If you’re up for it, make sure you do your part and cover your bases before actually getting into it. It might be a spur-of-the-moment thing, where you won’t have the chance to thoroughly think things through, but you can still take a couple of steps to see to it that you don’t end up in jail after a couple of minutes in heaven. “Consider the safety of your location. Make sure that there are no cameras, CCTVs, or a chance of discovery by law enforcement,” Santos emphasizes. ■





**JOB-HUNT  
AT ONCE OR  
APPLY FOR  
AN MBA?**

GET THAT MASTERS

Your graduate courses will always benefit from some real-world experience. Unless graduate school is really part of the big picture (you don't become a doctor or the country's leading gestalt theorist right after college), you're better off putting those postgrad plans until after you've gotten some real job time. By that time, "*nakapagtrabaho ka na sa maraming projects in your job that will help you absorb the theories better and make better applications,*" explains Yolanda Buyco, marketing director of Jobstreet Philippines.

**GO FOR A JOB  
RELATED TO  
YOUR COURSE  
OR TRY  
SOMETHING  
NEW?**

WORK RIGHT AWAY

**WORK FOR  
"THE MAN"  
OR BE "THE  
MAN"?**

BE A  
BUSINESSMAN

BE AN EMPLOYEE

Only green-light your entrepreneur dreams if you've got the training for it. "Those who go into business right after college...even at a young age, *minsan elementary pa lang*, they were already part of a family business," notes Ruben Anlacan Jr., president of BusinessCoach Inc. These would-be entrepreneurs most probably already have the mindset, the exposure, the guts, and, most important, the capital to follow through on the start-up scene. For everyone else, wipe that milk off your upper lip and clock in some time in the employee trenches first.

# YOUR MAP TO YOUR PERFECT FIRST JOB

**School's out.  
The real  
world's in.  
Stop thinking  
about your  
post-grad  
LaBoracay  
for a minute  
and follow  
this step-by-  
step guide to  
kick-start  
your dream  
career in the  
right path**



STICK TO  
THE COURSE

"I think that's a great idea," affirms Anlacan, who also writes a career column for *Manila Bulletin*. "If you apply for a job in human resources, for example, and your college course is in HR, they would believe that you have a strong foundation because *yun ang* field of study *mo*." For hiring managers, it's a definite plus that you've got some background knowledge—however sketchy—of the job they want you to do.

GO FOR THE  
JOB WITH THE  
BIGGER SALARY  
OR THE  
SMALLER  
SALARY?

DON'T  
SWEAT IT

GO FOR SOMETHING NEW

On the other hand, your major absolutely does not have to correspond to your career. History majors go on to have fruitful jobs as salesmen and stockbrokers; physics degree holders can suddenly find themselves as newscasters (hat tip to you, Atom Araullo). If you're curious about the labor market in the future, Buyco points out some high-growth industries and specializations for the coming year, based on data from *Jobstreet.com*.

#### High-Growth Industries

- Business Process Outsourcing
- Banking and Finance
- Retail
- Food and Beverage

#### High-Demand Specializations

- Sales
- Customer Service
- Clerical and Administration
- Marketing and Business Development

Do your company research before making a decision. No one will blame you for chasing big bucks after four years of college allowance, but don't let the peso signs (or the lack of them) dictate your job choices with absolute fiat. There's a reason that pay is almost always one of the last things discussed during job interviews. "Salary is a major consideration, but that should not be the only consideration," stresses Anlacan. Experience, prestige, a chance to work with an excellent mentor... these are things you should be thinking of along with your pay.

Buyco says you should always play the long game, and take jobs—high-paying or not—that let you climb the ladder. When you take your first job, she recommends that you ask yourself this question: "Will I, after my first year in a job, increase my value?" She cautions further: "*Wag mong piliin yung ngayon. Piliin mo yung para sa bukas.*"

On that note, it's always important to do your research on the company before you pass your résumé. "You should be more aggressive in looking for what the particular company you're applying for wants," Anlacan advises. At the same time, use what you find to look out for your own welfare. Is the company stable? Are its stocks performing well? Will it provide you the opportunities you need? Are the benefits crummy? Is the firm mired in controversy? Most of all, will it help you get to the career track that you envision for yourself? Don't just apply willy-nilly.

## WHAT THEY REALLY WANT

So, you're fresh out of college, still pink behind the ears, and have absolutely nothing of note in your résumé (except that one time you drank 24 shots straight at your org party). What exactly can you offer to companies? We tell you what hiring people really look for in fresh grads, and how to tailor that to your advantage in a job hunt

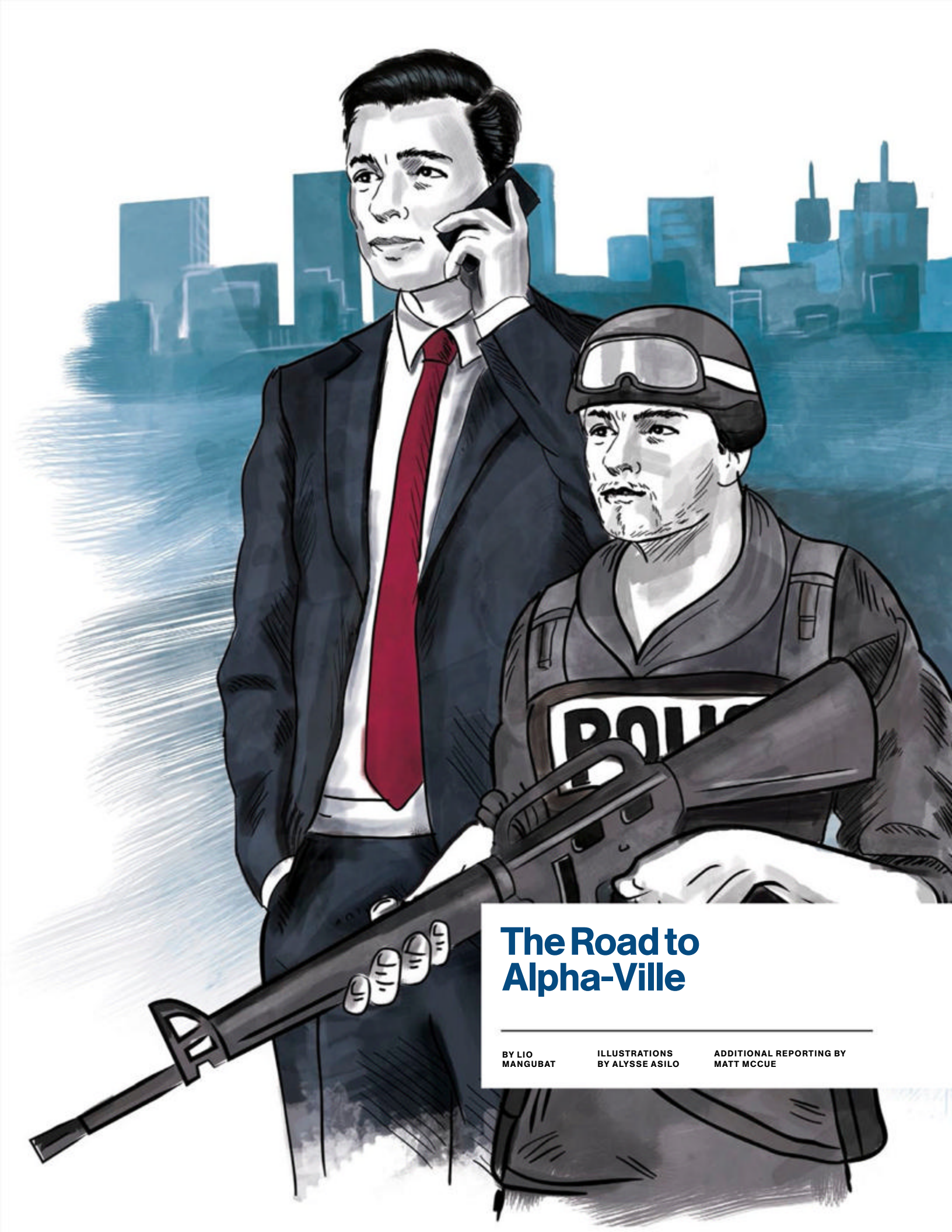
### TRAINABILITY AND HUMILITY

Because, really, when you're a fresh grad, your raw talent doesn't count for much. "You must be able to listen to instructions, and carry them out well," says Yolanda Buyco, marketing director of Jobstreet. During your interview, emphasize a willingness to learn and pick up new skills. Asking relevant questions about the company also demonstrates that you've done your homework and you can take the initiative. Also, don't come off as cocky. In research done for multinational snack company McKee Foods, Macedonian consulting firm AAG designated the opposite trait of trainability as none other than arrogance.

### COMMUNICATION AND CRITICAL THINKING

In a 2013 survey of over 318 American companies, 93 percent of those surveyed agreed that "a candidate's demonstrated capacity to think critically, communicate clearly, and solve complex problems is more important than their undergraduate major." Communication, Buyco believes, is what ties everything together. "You must be able to express yourself, verbal and written, and you must be able to talk with your colleagues. Otherwise, how will you get things done?"





## The Road to Alpha-Ville

BY LIO  
MANGUBAT

ILLUSTRATIONS  
BY ALYSSE ASILO

ADDITIONAL REPORTING BY  
MATT MCCUE





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Four very different jobs—police SWAT officer, emergency medicine doctor, call center agent, entrepreneur—and the very, very surprising lessons from them on how you can succeed in your own

PAGE

53





T

There's a reason wimps don't become the boss. While it's been written that the meek shall inherit the earth, the fine print adds "but not the corner office, the one at the top floor, with a great window view."

It's not just about meekness, or shyness, or that annoying habit you have of hunching your shoulders and staring at your shoes when you creep through the office corridor. It's about a lack of integrity, of being a few cogs short of being a complete man. That's where the word integrity comes from, anyway: The Latin word *integer*, if you remember from math class, means whole. Entire. A complete package.

To cope in these four fit jobs, according to the ones who do them, takes an uncommon amount of toughness. To thrive in them? Yep—a solid dose of the right stuff. These unexpected ideas from the guys who alpha-ed their jobs will give you a leg up on how to be an alpha in your own workplace.

## 1/ Master your crises...

**POLICE SENIOR INSPECTOR LOUIE dela Costa Gonzaga** doesn't mince his words: The bus siege last August 23, 2010, was not the police special force's finest hour. Nine people dead, a horrified international TV audience, and diplomatic repercussions that are felt up to this day—yeah, to call it a bad day at work would be a very, very massive understatement.

Yet the people that Gonzaga leads—the NCR police special forces known as the Rapid Deployment Company—are not ones to be stuck in the past. Nor are they trying to sweep their mistakes under the proverbial rug, too. As Gonzaga says, "*May magawa man po kami na sa judgment ng population ay mali, ito yung sinasabi ko sa tropa: 'We chose this profession. We have to live this profession.'*"

A clean conscience,

Gonzaga believes, is the one thing that will keep your steel strong in the toughest of jobs and the most scathing of scrutiny. "In whatever you do, as long as you have no malice, as long as you are morally resolved, you have performed your job," he stresses.

### ...and don't dwell on the failures

For a newly minted doctor, having a patient die on you is the worst thing imaginable. Your job, after all, is to save lives. "Every doctor will always remember the first patient who died on him," says Aoo Felipe, M.D., an internal medicine specialist at the National Kidney and Transplant Institute. After that first one, though, doctors learn to cope by essentially hardening their hearts. "Or else, if they don't, *kung di nila kapalan ang mukha nila*, they'll break down from the pressure," continues Felipe.

"*Kasi sa dami nang namamatay...if you let them affect you, everything, everyone, made-depress ka sa sarili mo.*" You learn from your failures, but you can't let them haunt you.

### WHAT YOU'LL NEED? VIRTUE

"**Morality is about what kind of person you are,**" says **Christian Smith, Ph.D., a professor of sociology at Notre Dame University.** "**People who exercise virtue know that when they get in a certain situation, they know how they will act.**" And because you know you did the right thing, you can keep moving forward.

## Get Into SWAT Shape

A SWAT officer usually lugs around 35 kilos of equipment—including a Kevlar vest, ballistic goggles, a rifle, a pistol, and at least 180 rounds of ammunition. You'll need to be battle-fit to carry these things around and still be combat-ready. Police Senior Inspector and First Rapid Deployment Company Commander Louie dela Costa Gonzaga walks us through the basic test he makes all potential recruits take.

8 pull-ups (no kipping, with initial 3-second hang)  
60 push-ups (under 2 minutes)  
60 sit-ups (under 2 minutes)  
150-meter slalom obstacle course (under 23 seconds)  
100-meter dash (under 15 seconds)  
3.2-kilometer run (under 18 minutes)







## 2 | TRUST YOUR SQUAD...

**A LOT OF THE** time it's not about you, but rather about the members of the team you lead. Joe Medina\*, a 13-year call center industry vet who began work as a customer service agent and eventually became director of operations at a major BPO company, recalls training a new recruit. This guy, objectively speaking, would not have passed the company's standards. "But he would stay after training and practice," Medina remembers. So, trusting his judgment, he passed the trainee, and five years later, his former student was promoted to supervisor. "When I asked him why he stayed, he said that no one else would have invested in him. *'Ikaw lang talaga ang nag-train sa akin,'*" Medina says.

### ...and demand the extraordinary

Within the first year of developing Beach Hut suntan spray, the Dragon Edge Group's first breakout product line, entrepreneur Dennis Balajadia found that his sales were just so-so, and his inventory was packed with unsold stock. He came up with a crazy idea: Ask for volunteers from his staff of six; get them passports, backpacks, and rubber shoes; and send them to Bali and Phuket with the express instruction of not coming back until they'd sold off the excess stock.

"*Ngayon, pag titingnan mo yun, nakakatawa,*" he reflects. "First time *nila* [mag-travel abroad], literally. *Sabi nila sa akin, nung nasa eroplano raw sila, di sila makakain dahil hindi nila alam kung anong ma-e-expect.*" In three weeks, an order came in from Bali. In four months, they'd already found customers in Thailand. With an insane, risky, almost unfounded trust in his men, Balajadia was able to crack the international market.

### WHAT YOU'LL NEED: RESPECT

Want your subordinates to ace their performance reports? Aretha Franklin got it right: You need some r-e-s-p-e-c-t. A worldwide survey of 20,000 employees conducted last year by the Harvard Business Review and Tony Schwarz found that employees who felt they were respected reported a 56 percent increase in well-being, 89 percent greater satisfaction in their jobs, and—most important for you, boss—92 percent greater focus and prioritization.



\*Name has been changed by request

## FIGHT THE TURNOVER BLUES

Among the problems plaguing the BPO industry is a fondness for turnover—and no, we're not talking about pies. "BPO firms [in the Philippines] are experiencing difficulty in hiring and retaining 'capable employees,' thus resulting in higher attrition rates and an increase in...costs," reports global research firm Tholon. Check yourself for signs of the turnover blues based on the risk factors determined by Aruna Ranganathan and Sarosh Kuruvilla of Cornell University.

**Are you constantly thinking about the higher pay in other companies?** BPO jobs are viewed by many as "transitory." Thanks to the high demand, it's easy to hop from company to company, chasing better bonuses, benefits, and bags of cash.

Before jumping ship, investigate the career advancement options within your own company. "The industry is aware that we won't get people with the right skill sets, *kaya* we invest in training them," says Joe Medina\*, a 13-year vet of the industry here in the Philippines. "We do our utmost best to make them stay."

### Do you feel that your work environment is always toxic?

Because of night-shift schedules, a BPO job can be a grinding one. Ranganathan and Kuruvilla also find that many supervisors are under-trained, making them bosses that people resent. Speaking from his own experiences, Medina knows he wouldn't have survived without a solid support group of friends inside the company, and his hobbies. You ought to find the same.



A stylized illustration of a man in a dark suit, white shirt, and dark tie, running towards the viewer. He is carrying a brown briefcase in his right hand. The background shows a cityscape with tall buildings, rendered in a sketchy, painterly style with muted colors.

## 3/ Hit the books...

**YOU MAY HAVE GRADUATED**, with a degree (or many of them), but that's never a guarantee that you're the smartest guy in the room. "No matter how good you are, there are always going to be people who are more brilliant than you," Dr. Felipe points out. In the very hierarchical world of medicine, that's especially evident. "Medicine is a food chain *eh*. *Yung mga subspecialist, sila yung mga lions. Yung mga intern, sila yung mga uod*," he says of the highly specialized ranking ladder that every prospective doctor has to climb. And the only way up is to keep on studying. "*Ang curse ng doctors* is that learning never stops. Once you stop studying, you're going to be left behind by the pack," Dr. Felipe concludes.

### ...but don't be locked in by them

While Balajadia appreciates the smarts an MBA bestows, the first time he tried them out on his family-run company, it didn't end up too good. His parents thought he was being too radical, and promptly booted him out. Now, with his own firm to run, he tempers his learning with the blunt hammers of the real world. "Business school helps in widening your views," he surmises. "*Pero yung problem with too much knowledge is we*



get stuck in planning rather than doing. We get brainwashed to the romance *na ang action nasa loob ng kwarto*. *Wala! Nasa labas.*"

For him, out-of-the-box thinking is what you'll need. "Are you coming up with a new

innovation that disrupts the market place? That makes new customers happy? That surprises the competition?"

Balajadia asks rhetorically. Whatever your job, these are the questions you should be asking.

## What It Takes to Run Your Own Business

BY DENNIS BALAJADIA  
AS TOLD TO LIO MANGUBAT

I was an accidental entrepreneur. When I fought with my parents over the management of the family business, they suggested that I leave, and gave me capital to make my own way. My wife and I had just had our first child. We were on our own.

When you start pitching the idea that you want to set up your own line of sunblock, no one will take you seriously. The supplier who was printing our stickers in our first run said, "You know what? Your money's being wasted here."

One of the things I will always remember during the early years was payroll. I always say that you're not a true entrepreneur until you've seen your accountant's face turn white because your bank account is empty and you can't pay your employees. You have to dip into your own savings. But I always made payroll. It was never delayed. A company should be fair and pay the correct benefits on time.

Many people are attracted to being a businessman because they think that entrepreneurs are risk-takers. In reality, entrepreneurship is about limiting the risk as much as possible. Before I set up the sunblock business, I had invested in a fast-food franchise just so I would have some small cash flow.

What I would advise is that you test your concept. You test it by starting small and risking only what you can lose. And then from there, iterate and iterate and iterate. Come up with a stronger business—it happens overtime.

You never know what's going to happen. The technology will change, tastes will change, and my business could fail at any time. But I started from the bottom. And I know that I can do it all over again if I have to.

*Dennis Balajadia founded, together with his wife, the Dragon Edge Group. Beach Hut Sunblock is their signature product.*

## WHAT YOU'LL NEED: BACKGROUND KNOWLEDGE

Taking a look at the CEOs of blue-chip companies over the past 20 years, Swiss management firm CEAMS found that innovation and a CEO's work experience go hand in hand. Basically, tech firms led by CEOs with a tech background (like Steve Jobs, say, of Apple, or Satya Nadella of Microsoft) demonstrated more product development compared to pharmaceutical companies, where 74 percent of CEOs have no medical or scientific training. As a result, R&D in that industry has stalled, except in firms where the top dog doesn't come from a marketing or finance background. "Some of the best performances in introducing new drugs have come from CEOs who have a strong research and development background," writes Felix Barber for Quartz. A solution? Hire the right guys to cover your weak spots.

# 4 | SET ASIDE YOUR PERSONAL STUFF....

**FOR AN ASPIRING DOCTOR**, hell starts from the first year of med school. For the next decade or so, sacrifice is the name of the game, what with rotating 36-hour shifts and intense pressure. "Forget Christmas, forget your anniversary, forget holidays, forget Holy Week," remarks Dr. Felipe. "*Ang pinaka-alone time mo na lang pag nagje-jobs ka.*"

The ones who don't make the cut, in Dr. Felipe's experience, are the ones who can't give that all up. "It's not to say that they're weak. They're not. They're brilliant. They just discovered *na parang*, 'Screw this. This is not for me. I want my weekends. I want my free time.'" The mark of a true doctor, he opines, is that he can toss out his own comfort in the present in exchange for service to the people and the promise of a better life down the line.

### ...but get outside every once in a while

This may seem at odds with the lesson above, but damn straight you need to do it. In the world of business process outsourcing, there's intense competition at the agent level as you vie with hundreds of others for promotions and, perhaps of greater significance, performance incentives that can surpass even your boss's salary, Medina relates. "So, a lot of people take up random hobbies to cope: diving, car racing, *banda*, travel," he says. "It's really important to have that external support."

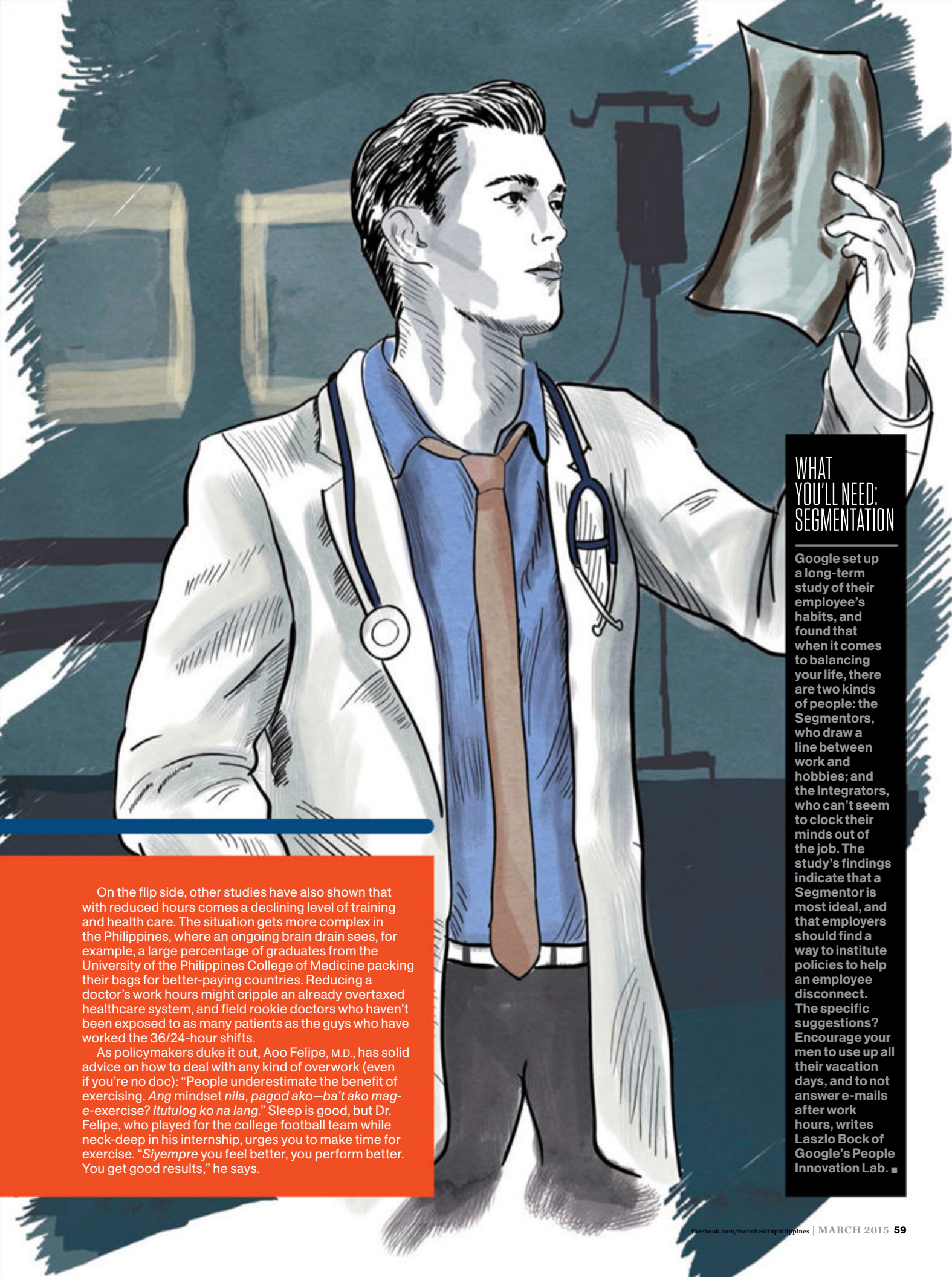
Senior Inspector Gonzaga concurs. Even within the confines of the SWAT barracks that his troops call home, he keeps his men engaged with extracurriculars. "*Nagte-table tennis kami. May boxing kami rito. Habang on-duty sila at wala kaming tawag sa labas*, I try to make everything worthwhile," he shares. It's all about building conducive environments, both in and out of the workplace, so when it's time to roll up your sleeves and go to work, you're in tip-top shape.

## THE CASE OF THE HARDWORKING DOCTOR

Doctors pride themselves on surviving 60-hour weeks, being able to nap while standing up, and doing a job that is one of the most grueling professions known to man. But is this epic workload bad news for their patients?

Common sense—and research—will answer "yes." "Studies have shown adverse health consequences, motor vehicle accidents, increased alcohol and medication use, and serious medical errors occur in association with both sleep deprivation and shift work," conclude researchers in a 2012 study in the *Journal of Postgraduate Medicine*. In the United States, steps have been taken to reduce physician working hours.





## WHAT YOU'LL NEED: SEGMENTATION

Google set up a long-term study of their employee's habits, and found that when it comes to balancing your life, there are two kinds of people: the Segmentors, who draw a line between work and hobbies; and the Integrators, who can't seem to clock their minds out of the job. The study's findings indicate that a Segmentor is most ideal, and that employers should find a way to institute policies to help an employee disconnect. The specific suggestions? Encourage your men to use up all their vacation days, and to not answer e-mails after work hours, writes Laszlo Bock of Google's People Innovation Lab. ■

On the flip side, other studies have also shown that with reduced hours comes a declining level of training and health care. The situation gets more complex in the Philippines, where an ongoing brain drain sees, for example, a large percentage of graduates from the University of the Philippines College of Medicine packing their bags for better-paying countries. Reducing a doctor's work hours might cripple an already overtaxed healthcare system, and field rookie doctors who haven't been exposed to as many patients as the guys who have worked the 36/24-hour shifts.

As policymakers duke it out, Aoo Felipe, M.D., has solid advice on how to deal with any kind of overwork (even if you're no doc): "People underestimate the benefit of exercising. *Ang mindset nila, pagod ako—ba't ako mag-e-exercise? Itutulog ko na lang.*" Sleep is good, but Dr. Felipe, who played for the college football team while neck-deep in his internship, urges you to make time for exercise. "*Siyempre* you feel better, you perform better. You get good results," he says.





# THE ABSOLUTE TRUTH ABOUT ABS

YOU WANT IT, SURE. BUT DO YOU KNOW WHY YOU NEED A SIX-PACK? (ASIDE FROM CATCHING MORE LOOKS FROM THE LADIES, OF COURSE.) AND MORE IMPORTANT, DO YOU KNOW HOW TO GET IT? CONSIDER THIS YOUR COMPLETE ROADMAP TO HAVING A RIPPED CORE





BY WAYNE  
JOSEPH TULIO

P.61



# ONE DAY, I'LL SEE MY MYTHICAL ABS. I JUST KNOW IT. EVERY MAN'S GOT THEM—THEY'RE JUST HIDING BEHIND STUBBORN TROJAN WALLS OF FAT.

To bring down those walls and expose the abdominals within, I've played competitive sports, been a gym rat, even did boxing where reps and reps of crunches are the norm. And after all that, still, no sign. Heck, not even a 30-pound weight loss in the past got me closer to seeing *pandesal* formations.

I don't have a clue what it feels like to have a chiseled midsection. But all the folks I polled who either had one at some point, or—lucky bastards—still have one, say it's one heck of a confidence-booster. When you look good wearing a tight shirt, or no shirt at all, who wouldn't feel confident?

Beyond the ego boost, what does having six-pack abs really mean, anyway? The struggle is real as far as chiseling your core is concerned. And just like you, we have a number of questions about it. To get answers, no, we didn't magically wake up one day and start training like Manny Pacquiao. Instead, we scoured through the research and consulted fitness and nutrition pros to uncover the following truths about having washboard abs.

## Truth 1:

A six-pack means good health, but not necessarily good strength

When it comes to abs, some people have an innate advantage. "It's connected to your genes [and body type]. If you have a lower body-fat percentage, *yung* abdominal muscles usually covered by fat *yan*, so *mas less yung* fat, *mas lumalabas siya*," explains Jeff Pagaduan, C.S.C.S., a lecturer at the College of Human Kinetics of the University of the Philippines Diliman.

All of us fall in between or under one of the three body types: ectomorph (lean), mesomorph (athletic), and

endomorph (wide). Your classification determines your propensity to build muscle and store fat. "Normally, *yung mga taong payat*, automatic they have some abs showing *kaagad*," notes Isabel Tan, a UP Diliman College of Human Kinetics sports science graduate intern who does fitness tests with athletes for the Philippine Sports Commission. But having visible abs doesn't equate to being fit. "It's very misleading because there are some people who have six-pack abs, but are not very strong. It doesn't mean you have the strongest core," continues Tan.

Still, your long-term health stands to benefit if you have a six-pack, or if you simply keep working on flattening your gut. A 2012 study by the Mayo Clinic presented at the European Society of Cardiology Congress found that compared to their obese counterparts, people who are of normal weight but have fat concentrated in their bellies have a higher death risk from chronic diseases such as heart ailments and diabetes. The researchers pointed to the accumulation of visceral fat—the type that wraps your organs—as the likely culprit because it is associated with insulin resistance, one of the risk factors for many health issues.



## GREEN TEA

Downing a cup any time up to two hours after a meal increases fat breakdown by a third.

Source: European Journal of Clinical Nutrition

## 5 Foods THAT MESS WITH YOUR ABS

Certified nutritionist and trainer Chris Everingham, B.N.&D., A.P.D., A.N., lists five common culprits that bloat, not blast, your gut



Tasty Bread (white bread)



White Rice



Chips



Sugar-Sweetened Beverages



Alcohol



CRUNCHES ALONE  
WON'T BRING YOU  
A RIPPED CORE



## Truth 2:

Core exercises  
alone will not  
unleash your abs

Bro science dictates that you should do as many sit-ups and crunches and their various permutations to have your abs poppin'. Yes, you will hit the muscles concerned, and even gain strength. But that layer of fat will remain. Also, performing crunching and twisting motions in high volume can do you more harm than good. "The lower part of your back is not meant for movement," cautions Tan. "It's better at

stability, so you should train your lower back for anti-rotation or anti-movement." This is where different plank variations come in handy, given that they work on core stability to help protect your spine.

The fat in your midsection is quite tough to target by itself, too. There are two types of fat that cover your belly: subcutaneous, which lies between your skin and abdominal wall; and visceral, which wraps your internal organs. "Subcutaneous fat can be tapped by workouts, unlike the visceral kind [that you target by tweaking your diet]," says Jose Gemora, C.S.C.S., associate head coach for the 360 Fitness Club chain. "You have to lose [both kinds of] fat for your midsection to show."

Because your body doesn't burn fat in spots, you need to do a variety of workouts to ignite your inner furnace. This should include weight training. A 2014 Harvard University study in the journal *Obesity* reported that healthy men who did 20 minutes of daily weight training had less of an increase in age-related abdominal fat compared to men who preferred more aerobic forms of exercise. According to the study authors, this can be chalked up to the preservation of muscle mass—an effect of doing strength exercises.

"The more muscle you have, the higher your metabolism is, and the higher chance you'll burn more fat," stresses Pagaduan. Make sure your workouts include resistance moves and cardio (check out the "MH Six-Pack Workout" for a sample plan). At the gym, do compound exercises that target major muscles—your legs, chest, back, and core—with moves like squats, deadlifts, push-ups, and pull-ups. High-intensity interval training and circuits are good, too, because they combine cardio and weight training.

## Truth 3:

You build abs in  
the gym AND  
the kitchen

Train insane all you want, but consume the wrong calories and it'll just end up around your midsection. "The body needs to meet daily quotas of different nutrients. If you eat poorly, your body will be wired to keep eating until it finds what it feels it lacks," warns certified nutritionist and trainer Chris Everingham, B.N.&D., A.P.D., A.N.



## PROTEIN EQUATION

Want to know how  
much protein you  
should consume  
to keep building  
muscle? Use this  
equation:

**(0.8 g  
to 1.0 g)  
x body  
weight  
in kg =  
estimated  
protein  
consumption  
in g**

Your best bet for  
your protein fix?  
Salmon, chicken,  
eggs, beef, and  
beans, says  
Everingham.

It's not only nutrient deficiency you have to watch out for. "Foods that are high on the glycemic index (GI) and highly processed stuff create a quick and large insulin spike in the blood," Everingham points out. "The temporary drop in blood-sugar levels leaves you feeling hungry. Often, this leads to overeating." When your metabolism can't burn what you consume, say hello to flab.

Make sure you get the right balance in your meals so you don't waste your workout. First, increase your intake of fruits and vegetables. "They're low in energy and high in vitamins and minerals that are essential in building muscle," says Everingham. He adds that there's no need to shun carbs, because "fat burns in the flame of carbohydrates," and your body will have a hard time processing fat without carbs. Just make sure you get them from low-GI sources like brown rice and *kamote* so you won't amp up your appetite.

Upping your protein intake is also a must. A 2012 study published in *Nutrition & Metabolism* discovered that quality protein intake is related to the amount of abdominal fat a person has. The researchers noted that a higher intake of essential amino acids from quality protein helps decrease central abdominal fat. This is due to the effects of the nutrient in increasing the body's lean muscle mass and improving energy expenditure. Protein is a building block of muscle, and the more you work out, the more you'll need it. Get your fix from eggs, beef, lean meats, and nuts.

**"The more muscle you have,  
the higher your metabolism is,  
and the higher chance you'll  
burn more fat"**



## Truth 4:

You snooze, you lose (your gut, that is)

When these two are out of synch, you'll constantly feel hungry—making it easier for you to consume calorie-rich foods to help satisfy your body's perceived lack of energy. It's acceptable to miss out on sleep irregularly, but if it happens on a daily basis, you're in trouble. Aim to get 5 to 8 hours of sleep a day to keep your hormones from ruining your six-pack dreams.

## Truth 5:

Six-pack abs should never be your fitness end goal

Having six-pack abs would certainly be a nice achievement. Who wouldn't mind having the license to go shirtless especially during the summer? But you can't make it your only reason to hit the gym. "You see a lot of guys with abs, but with really small arms and legs. Chicken legs are not good to look at," remarks Tan.

You will benefit greatly from taking a more holistic approach like athletes do. "When we train athletes, the focus is to lower their body-fat percentage," Pagaduan shares. "*Ang target namin* is less than 12 percent and their abs show. *Mas mababa ang body fat, mas makikita mo siya.*" With that goal, you're more inclined to do whole-body workouts that improve the way you move—

Believe it or not, adequate sleep is crucial in your quest to get washboard abs. "Without proper sleep, the body cannot recover to an optimized state, digestion becomes inefficient, and certain hormones go out of whack," states Everingham. Two important hormones that don't work well without adequate shut-eye: ghrelin, which regulates hunger; and leptin, which signals energy balance to the brain.



10%

Percentage of higher volume visceral adipose tissue (the bad fat that wraps organs) for daily consumers of sugar-sweetened beverages compared to those who don't. Check the labels before you drink, man.

Source: Nutrition Research

with the added bonus of bulking you up. This will go a long way in upgrading your beach bod. "You'll be able to see balance in muscle tone in different parts of the body," Tan adds.

## Truth 6:

Hard work = six-pack abs

Since the natural musculature of your midsection is a six-pack, getting a chiseled midsection is achievable if you put in the work and the nutritional discipline needed. "With age, it

becomes harder *dahil babagal ang* metabolism *mo*, but that doesn't mean *na hindi mo kaya*," underlines Gemora. "You really have to keep active, and build muscle to keep your metabolic expenditure high, and limit your bad calories to keep burning fat."

Of course, this is easier said than done. But if the first five truths taught us anything, it's that a six-pack is the result of a balanced lifestyle. If you aim to move more, eat better, sleep well, and challenge yourself at the gym every time, you may eventually see your abs pop. But even if you don't, there's a whole host of other benefits that should keep you motivated to train harder. ■

## THE MH SIX-PACK WORKOUT

Jose Gemora, C.S.C.S., of the 360 Fitness Club chain shares this training plan composed of compound and core moves that target the body's large muscle groups. Divided into three complexes and done at a high intensity, it's resistance work and cardio in one, and it serves to increase your metabolism to tap as much fat from your body for fuel. You'll be sweating buckets by the time you're done.

## DIRECTIONS:

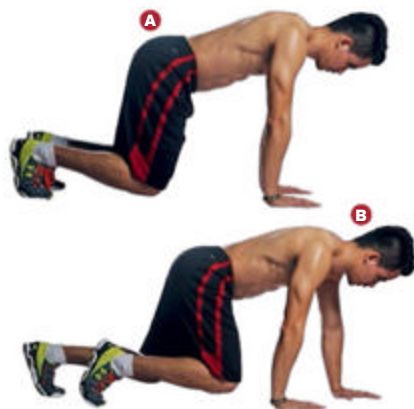
AFTER A THOROUGH WARMUP, COMPLETE ALL THE EXERCISES FROM EACH COMPLEX FOR THE NUMBER OF REPS, TIME, AND SETS GIVEN. FINISH ONE COMPLEX BEFORE MOVING TO THE NEXT.

### CORE COMPLEX

Do the bear crawl for the distance given, followed immediately by Turkish get-ups for two sets. Rest one minute in between each set.

#### Bear Crawl (5 meters)

Get on all fours on the floor with your knees under your hips and your hands under your shoulders. Lift your knees off the floor and move your left hand and right foot forward, followed by your right hand and left foot. Alternately do this until you cover the desired distance.



#### Turkish Get-ups (5 reps per side)

Lie down holding a kettlebell with your right hand close to your chest, your right leg bent, and your right foot flat on the floor. Raise the kettlebell above your chest while your left arm is extended to your side. Contract your core and lift your right upper body off the floor while resting your weight on your left arm. Push your hips up, then bend your left knee until you're kneeling. From there, contract your glutes and stand up. Reverse the motion until you go back to the starting position. That's a rep. Do five, then switch sides.





## FULL-BODY COMPLEX

Perform these moves as a circuit, going from one exercise to the other for 12 reps each until you finish all five. Rest for one minute and go again. Do three sets total.

### Kettlebell Swings

Bend at your hips and hold a kettlebell with both hands at arm's length in front of you. Rock back slightly and swing the kettlebell between your legs, then squeeze your glutes, thrust your hips forward forcefully, and swing the weight to shoulder height. That's a rep. Allow momentum to swing the weight; don't use your arms to lift it. Make sure you don't round your lower back at any time; it should stay naturally arched when you bend at your hips.



### Goblet Squats

Stand holding an upside-down kettlebell, cupping it like you're holding a heavy goblet. Lower your body by pushing your hips back and bending your knees, going as low as you can. Pause, then stand up to go back to the starting position. Keep your back straight at all times.



### Push-ups

Assume the plank position, making sure there's a straight line from your heels to your head. Slowly lower yourself by bending your elbows until your chest is close to the floor. Keep your elbows as close to your body as possible. Pause, then slowly go back to the starting position.



### Mountain Climbers

Assume the push-up position with your back straight and your hips low. Keep your core tight as you alternately draw each knee to your chest, moving quickly. Make sure you keep your back straight at all times.



### Suspension Low Row

Stand with your feet underneath the anchor point of a suspension trainer as you hold the handles. Lie back and rest your weight on your heels with your arms straight. Keep your back straight and your core contracted. Pull yourself up until your hands are right beside your chest, and exhale. Inhale, then slowly go back to the starting position.



## FINISHER COMPLEX

Do each exercise for 30 seconds, with a 30-second rest period in between. That's one set. Do five.

### Sprints

Run as fast as you can. Make sure you make each stride longer to really activate your legs.



### Battle Ropes

Anchor a thick rope to something heavy. Hold one end of the rope in each hand while assuming a semi-squat position. Make waves with the rope by alternately lifting your arms up and down. Keep doing this until the designated time is up.





MH  
**REFINE**

# RIDE THE WAVE

Make a splash this summer with boardshorts that will make you look and feel good in and out of the water

**Photographs by**  
Ronnie Salvacion

**Styled by**  
Amador R.  
Madamba

**Makeup by**  
Juan Paolo  
Pontiveros

**Hair by**  
Nicole Elizalde

**Models**  
Jose Alves and Tatiana  
Rudenko of Ideal People  
Model Management

**On him:** blue and black color blocking Mirage Game On 20" regular leg boardshorts, P3,300.  
**On her:** black and white stripe triangle string bikini, P2,900. Both **Rip Curl**, **SM Megamall**, **SM Aura Premier**, and **Alabang Town Center**.

These boardshorts are ergonomically designed for all body shapes for ultimate fit and comfort. The lightweight and hydrophobic fabric repels water so it dries faster and stays lighter.





BRIGHT LIGHTS



MIKO CARREON & DAVID GIBSON



KAREN BORDADOR



XANDER ANGELES



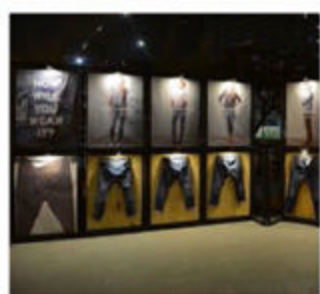
GABY DELA MERCED



JM RODRIGUEZ



CHER LUI PIO, YUKI TANSENGCO & NIKITA CONWI



KYM & DIVINE MAITLAND-SMITH



FABIO IDE



## A NEW FIT FOR A CLASSIC ICON: THE LEVI'S 501 CT

Global denim brand Levi's, introduced the newest customized and tapered version of its most iconic style, the 501—the first-ever blue jean featuring a timeless straight leg, relaxed fit and signature button fly. Dubbed the Levi's 501 CT, this newest icon was revealed last February 11 at Valkyrie, at The Palace, fired up by Grammy-nominated singer and composer Bright Lights, with media friends, celebrities and influencers from fashion, music, art and other industry leaders were also spotted sporting their pair of Levi's 501 CT to suit their different styles.

The reinvented Levi's 501 CT can be customized for three different types of fits: down-sized, for a slim style; true-to-size, for a classic look; and up-sized, for a roomier, relaxed fit. The undisputed iconic jeans have become a form of authentic self-expression and the ultimate do-anything, say-anything piece of clothing lived and loved by generations. A revamp of the most classic pair of jeans, you can now fashion your own personalized look with the new Levi's 501 CT.



LEVI'S CHARISSE CHUA & KATHYS LAUDIT



ISHA NOLASCO & MIGGY CHAVEZ



ANDI EIGENMANN & BRET JACKSON



GRETCHEN FULLIDO



THE LEVI'S TEAM



KAREN BORDADOR, ROVILSON FERNANDEZ, JACQ YU & LANI PILLINGER



SAM YG & KATHYS LAUDIT



JACQUE BORGES & LUANE DE LIMA



RICO ROBLES & JANELLE OLAFSON



LESHA LITONJUA OF COLD LIGHT









**(OPPOSITE PAGE) On him:** Morocco blue panel 17" volley boardshorts made of recycled supersuede, P2,990, **Quiksilver**. **On her:** hot coral pineapple printed Tiki Tri Tie Side bikini set, P3,490, **Roxy**. All at **Quiksilver**, **SM Mall of Asia**, **SM Mega Fashion Hall**, and **Alabang Town Center**.

Mid-length boardshorts are popular nowadays and look modern. An elastic waistband and internal drawcord add comfort and security.

Washed navy Floral Scallop 18" regular leg boardshorts, P3,790, **Quiksilver**, **SM Mall of Asia**, **SM Mega Fashion Hall**, and **Alabang Town Center**.

Summer is the best time to have fun with Hawaiian or floral prints. They have a retro vintage feel that looks cool and laidback.



**(OPPOSITE PAGE)** On him: blue Cast Away 18" boardshorts, P3,150. On her: pink printed Pharaoh crop top, P2,500, and matching bikini bottom, P1,050. All **Rip Curl**, **SM Megamall**, **SM Aura Premier**, and **Alabang Town Center**.

Tie-dye in bright colors and bold patterns were popular in the 1960s and 1970s. Today, subdued color schemes and simpler motifs make them look more contemporary and wearable.

Navy and red stripe light weight, four-way stretch, and water resistant Harry regular leg boardshorts, P2,900, and white printed dry-fit Rush tank top, P1,600, **Stoked Inc.**, **Power Plant Mall**, **Bonifacio High Street**, and **TriNoma**.


Tank tops with a pair of boardshorts are perfect to wear to the beach. Stay cool and show off your guns in tank tops with striking designs.











**On him:** green Check Trim 16" quick-drying and chlorine resistant watershorts, P1,350  
**On her:** pink floral printed Aloha bustier top, P2,288, and matching twist front bottom, P1,988, **Speedo**, **Glorietta 4, Bonifacio High Street**, and **TriNoma**.

Keep it simple and classic in plain vibrant colored water shorts that are light, versatile, and quick drying.

**(OPPOSITE PAGE)** **On him:** green and gray striped AG47 Line Up 19" boardshorts, P3,990, **Quiksilver**.  
**On her:** black floral printed South Tropics Tiki lowrider tie side bikini set, P3,490, **Roxy**. All at **Quiksilver**, **SM Mall of Asia**, **SM Mega Fashion Hall**, and **Alabang Town Center**.

Look for four-way stretch boardshorts that are ultra-light, durable, water repellant, and quick drying.



MH  
REFINE





## GO AGAINST THE FLOW

Rebellion has been one of the most popular themes of hit music for the past 50 years, according to researchers at the North Carolina State University. Could that be because there's a rebel in all of us? If that's the case, then it's time to unleash your inner rebel with Pony's latest line. Take your pick from cool low or high cut shoes, including the new Phantom, Hawaii, Madison, and Shooter RT. Founded in New York City in 1972, this brand brings NYC style to the Philippines with a look that's bound to stand out. For more Pony shoes, check out [facebook.com/ponyph](https://facebook.com/ponyph) and follow them on Twitter and Instagram @pony\_ph.



## INVEST SMART

Get 120 percent growth in five years? Yup, it can happen with the Sun Life Prosperity Funds. If you invested P500,000 in the Sun Life Prosperity Philippine Equity Fund five years ago, then you would've had a cool P1.1 million at year's end. This fund is invested in high-grade stocks listed in the Philippine Stock Exchange and is for aggressive investors who want to make the most of their money's worth. Whether you're a conservative, moderately aggressive, or aggressive investor, there's a Sun Life Prosperity Fund suited for your needs and goals. You can even start investing for as low as P5,000. According to a 2014 Gallup study, the average age of retirement is now between 62 and 66 years old. Will you have enough savings to comfortably retire by then? Don't leave that up to chance; invest where it counts now. To know more about the Sun Life Prosperity Funds, talk to a Sun Life Advisor, call 849-9888, or visit [sunlifefunds.com](http://sunlifefunds.com).



MH

# RADAR

## Events & Promotions

Check out [facebook.com/menshealthphilippines](https://facebook.com/menshealthphilippines) for our promotion updates.

## TIME TO LEVEL UP

Want to reach peak performance? Then get some rest! Recovery is just as important as pumping iron when it comes to building muscle, says Todd Durkin, C.S.C.S., author of *The IMPACT! Body Plan*. Given the importance of recovery in keeping you fit, it's best to foam roll after workouts and practice proper eating and sleeping habits. You can also give yourself an extra boost with the help of Quantum Plus. The main active ingredient of Quantum is chlorella, which promotes cell regeneration and helps your muscles recover faster and more efficiently. This vitamin also contains L-lysine, which helps your body absorb calcium, taurine, which promotes brain development, and sodium ascorbate, which improves your immunity. To enjoy less downtime and more game time, drop by the nearest Mercury Drugstore, where each capsule costs just P18.75.



## IN WITH THE NEW

Changing things up in your workout routines can help fend off plateau, and adding versatility to your shoe game can be good for your style as well. Now, you can enjoy both comfort and style with the new Spring/Summer '15 releases of Creative Recreation. For the starters, the brand has introduced the Capo, a slip on shoe that offers ease of use and three stylish colorways. You also have the Forlano, which is the brand's classic silhouette and is available in black, navy, and red colorways. Creative Recreation shoes are available at the Complex Lifestyle Store in Eastwood Mall, Shangri-la Plaza, Alabang Town Center, Festival Mall, Fairview Terraces and Ayala Center Cebu, and Rustan's department stores. For more info, visit [facebook.com/creativerecph](https://facebook.com/creativerecph) and follow @creativerecph on Twitter and @creativerecreation on Instagram.



## PROTECT YOUR SMILE

According to the Department of Health, 9 out of 10 Filipinos suffer from dental cavities and the Philippines has the 2nd worst rate of decayed, missing, and filled teeth in Asia. It's because of these findings that the UP Dental Alumni Association and Oral-B have launched Smile Pilipinas. Starting on the 100th year of the UP College of Dentistry (UPCD), this program hopes to improve oral health care awareness amongst Filipinos both in and out of the country, and safeguard the smiles of both young and old. UPCD's Jocelyn Tan, D.H.D., and Oral-B brand ambassador Iza Calzado were among those who launched the program last February at the UPCD auditorium. The Public Good initiatives for Smile Pilipinas include *Unang Ngipin Patibayin* and SuperSmileCon2015, which will boost oral health care awareness in a fun and educational way.



# How to Do Everything Better!

## THIS MONTH

HAIR CARE 101  
PALENGKE PRIMER  
SHOE SHINE ESSENTIALS  
OWN THE MIC  
MAKE HAND-SQUEEZED ORANGE JUICE  
SUREFIRE SEX POSITIONS  
PAINT A ROOM LIKE A PRO  
LAND THAT BIG PROJECT

### UNCONVENTIONAL WISDOM

## MUSK UP LIKE A TRUE GENT

by Vince Vega

Some dudes have a knack for picking out fragrances that work for them, while others know diddly-squat. In the “knowing-how-to-smell-good game,” you need to have a nose for things. Start sharpening that sniffer right here

### 1 Choose You

Cheesy, but true: Your scent of choice should be representative of your personality. “Scents [can] actually trigger memories so most people choose their ‘signature scent’ because there are elements about it that remind them of who they are, and it makes them feel good,” says Denise Vainio, brand manager and fragrances division OIC of Luxasia, Inc.

### 2 Take Note

When it comes to fine fragrances, notes are classified into three: The top note, middle note or heart note, and base note. “These three classes signify the group of scents which are sensed with respect to the time after the application of a perfume,” explains Vainio. “These notes are carefully created by perfumers with knowledge of the evaporation process and intended use of the perfume,” she adds. Let’s break it down:

**A.** Top notes are comprised of light molecules that quickly evaporate and form a person’s initial impression of the fragrance.

**B.** What emerges within two minutes to an hour after the top notes dissipate are the middle notes. “These are the scents that make the top notes smell even more pleasant,” says Vainio.

**C.** The middle and base notes set the theme and mood of the fragrance. The base notes are what we smell last. “These represent the depth of the fragrance, and they last longer on our skin,” notes Vainio. “Since we live in a country with a tropical climate, most Pinoy men go for fresh scents that are mainly comprised of notes that are from the citrus and aquatic groups.”

### 3 Spray On

Scent is activated by our body heat. Post-spray, what should you do? “Just let it dry onto your skin. If you sprayed too much, just dab it; but never rub,” says Vainio. Fact: Rubbing only makes the scent evaporate quicker and can compromise the scent’s original composition and its ability to stick to your skin.







## Find a Doc Who Reads Minds

Here's a depressing fact about depression: Many primary-care physicians can't spot the problem in men, according to William Pollack, Ph.D., an associate clinical professor of psychiatry at Harvard Medical School. They look for the same symptoms women exhibit—sadness, weepiness, fatigue—rather than male-specific signs like newly developed irritability, aggression, impulsiveness, and obsession with work. “The diagnostic system is outdated and many men with early signs of depression are missed,” he says. That's why Pollack is developing new guidelines for docs, and why any guy who recognizes the symptoms above should talk to a therapist.

Expert Advice from **William Pollack, Ph.D.**

# 1

### Dismantle Your Explosive Anger

“With practice, you can fine-tune your ability to recognize the emotions behind anger—such as loss, sadness, and pain. I ask myself, ‘Why am I angry?’ I might realize I feel disappointed about an event. Then I share the underlying feeling with a friend or my wife rather than barking angrily.”

# 2

### Understand Her Even Better

“If a woman says something that isn't making sense to you, don't just sit there in silence. Say, ‘You lost me. Can you explain what you're thinking?’ or ‘I see that you're upset, but I don't understand which part is most upsetting. Do you want me to help fix it, or would you prefer that I just listen?’”

# 3

### Be a Better Buddy (and Dad)

“New research shows that men want to talk more about their feelings, even painful ones. Concerned about a pal or family member? In a fun setting, say something like ‘You seem tense lately. What's going on?’ He may not open up right then, but he might later, after you've asked three or four times.”

# 4

### Meditate Without Using a Mantra

“Meditation is a great stress buster, but a lot of guys are put off by the concept. Try this instead: Sit in a quiet space for five minutes. Think of a fond memory—a childhood triumph or recent adventure—and replay it in your mind. Doing this once a day can yield benefits similar to those of meditation.”

## CARRY THE KARAOKE

BY ENRICO MIGUEL T. SUBIDO

**Here's the scene:** It's your turn on the mic, your regular go-to song was murdered by a group of pretty colleagues, and you're frantically flipping through a song book while chants of “*Bilisan mo! Pili ka na! Ang arte!*” resonate in the background. Don't panic: Nonon Baang, founder and principal instructor at the Baang School of Music in Bonifacio Global City, and recently the “Pope's Cantor” last January for the Papal Mass held here in Manila, gives you all you need to sing your song of choice.

**Q: How can I tell that a song, musically speaking, is fit for me?**

**A:** You can tell, simply, by really wanting to sing a particular song. It's a song that touches you. Technique can follow. So do not worry, the song that you love most is your song.

**Q: I'm tone deaf. How can I still sing a song and own it?**

**A:** Mostly, being tone deaf is an inefficiency to listen. Listening and hearing are distinct. In singing, we practice to follow what we hear. Personally, I process my students through both life coaching and voice coaching. There are issues in life that are obviously affecting their singing. Getting these out of the way renders unprecedented results. Afterwards, singing in tune becomes easy. Get something off your chest, that's how to really own a song.

**Q: Am I in over my head for selecting “Bakit” by Aegis?**

**A:** If it's too high or too low for you, you can always adjust the key or pitch. There's really no shame in that.





# MAKE YOUR OWN DAMN ORANGE JUICE

For real fresh flavor, squeeze juice yourself, with help from USDA horticulturist Elizabeth Baldwin, Ph.D.

## STEP 1

### CHOOSE THE RIGHT TOOL

To squeeze great juice, a handheld reamer works fine—no machine needed. Grab a bowl too. One orange yields  $\frac{1}{3}$  to  $\frac{1}{2}$  cup of juice.

## STEP 2

### STAGE A SCRUBDOWN

Grocery shoppers often handle the produce, so kill germs by lathering up the outside of the orange with soap and warm water. Rinse and pat dry.

## STEP 3

### PUT ON THE PRESSURE

Place the orange on a surface and firmly roll it back and forth. This releases the flavorful oil in the rind so some ends up in your glass.

## STEP 4

### SET LOOSE THE JUICE

Slice the fruit in half. Push the tip of the reamer deep into the center of the fruit. Holding the rind with one hand, twist the reamer with the other hand.

## STEP 5

### PUMP UP THE FLAVOR

Pour the juice from the bowl into a glass. For extra flavor, add freshly squeezed lime or grapefruit juice or a splash of any cold-pressed juice.

## ALPHA MALE

# LAND BIG PROJECTS SAFELY

As president of the US National Air Traffic Controllers Association, Paul Rinaldi supervises the direction of over 70,000 flights a day. In this business, dropping the ball would be a very bad thing. Here are his rules for juggling large (make that jumbo) projects so you won't crash and burn at work.

## Create a Preflight Checklist

Air traffic controllers (ATCs) start shifts by consulting "hot binders" that provide updates on issues causing delays, from runway closures to shifting winds. Before a big project takes off, gather intel from colleagues, managers, even competitors. It may help you be more decisive once the project is off the ground.

## Create Some Airspace

It's inevitable: At some point, two planes will try to land at the same time. To figure out the correct landing sequence, controllers judge factors like each plane's weight and speed. If you have two deadlines about to collide, put one into a holding pattern—the earlier the better.

## Stay Out of the Clouds

Stress slows you down and leads to errors, says Rinaldi. Take a break to recharge for 20 to 30 minutes every couple of hours. Let someone take the controls while you're out. That's teamwork. Even Maverick had a wingman.

—CLINT CARTER



## Old Positions, New Twists

Laura Berman, Ph.D., author of *The Passion Prescription*, describes some creative new ways to update your most time-tested bedroom moves



### MISSIONARY

Position her legs straight up against your chest instead of on the bed. Then pull her legs gently upward as you move in. You'll have an easier time stimulating her clitoris and G-spot.

**ANOTHER TWIST** Scoot your body a little closer so that the base of your penis can stimulate her clitoris. And add some rocking to your thrusting.



### WOMAN ON TOP

Prop yourself up at the head of the bed with pillows so she can hold onto the headboard for greater support. This position may make it easier for her to control the depth and rhythm.

**ANOTHER TWIST** Try gripping her legs when she's in reverse cowgirl. You'll get the unforgettable view, and she'll feel sexy and uninhibited.



### MAN FROM BEHIND

Have her crouch on the bed with her torso upright, and position her back against your chest. You can touch her more easily in this position, and her hands will be free to pleasure herself.

**ANOTHER TWIST** Place a pillow under her hips and thighs. With this simple tweak, you'll be better able to change the depth of your penetration.

## PAINT A ROOM

Brush up on your home improvement with tips from paint specialist Justin Brown



### Make a Color Run

Tough colors to cover (like red) might require primer and multiple coats. Instead, go with the same color in a flat finish—you'll likely get away with one coat. Also, use a brush you don't mind trashing.

### Brush Up

Using your paintbrush and a stepladder, paint a line 3 inches wide in the corners, around all the trim work, and along the top edge of the walls where they meet the ceiling—anywhere your roller won't fit.

### Drop Everything

Push furniture into the center of the room and cover it with plastic. Then lay drop cloths in a 4-foot-wide swath around the perimeter. Now you can paint away without stopping to wipe up roller spatters.



## GET YOUR SHOES ROTC-SHINY

Every man needs a pair of killer dress shoes to finish off their look-sharp, swag-on arsenal. But before you head out for a night out with your best lace-ons, follow this shoe-shine-special from Felipe and Sons' managing partner, Marco Katigbak

BY VINCE VEGA

1. Prepare your work area then set up the tools to shine a shoe. Remember to work on a rag or newspaper. While you're at it, you might as well line up a few shoes to shine.
2. With the laces off, brush any dirt and dust from your shoes using a shine brush. You can find similar brushes in shoe repair specialty stores such as Besas.
3. Apply polish using a cotton rag on the entire shoe. Apply a little extra on the toe and heel to give it a bit more shine. Be sure to match the color of polish with the color of your shoes.
4. Buff the shoe using the shine brush. Dedicate one brush to one type of color. Also, be sure to reach all the seams around the shoe. Do the same for the second shoe.
5. For a spit shine, sprinkle a little water on the entire shoe using your fingers. Take a shine cloth and buff the shoe. Starting from the toe and execute in a small circular motion. Work your way around the shoe putting a little extra time on the toe and heel. Repeat the process on the toe and heel applying a little polish each time until you get the desired shine.

### TAKE NOTE:

"Only leather shoes get shined with this process. Do not use shoe polish on Patent leather shoes," comments Katigbak. "You can use a touch of petroleum jelly and a shine cloth. Nubuck and suede will require a specific cleaner and special brush, respectively."

### YOUR TOOL KIT:

1. Horse-hair shine brush, one for black shoes, one for brown
2. Black and brown shoe polish are standard. For home use, stock up on a neutral polish to use on other colors
3. White cotton rags
4. Shine cloth



## PICK FRESH

By Regine Rafael

Whether you're a seasoned cook or a complete newbie, it's important to know how to get the best ingredients—particularly fruits and vegetables. "Fresh produce can make a world of difference in your meals and when creating your own stuff, why settle for mediocre?" says Chef Carlos Garcia of The Black Pig restaurant in Alabang. Both wet markets and supermarkets have an abundance of fresh produce you can choose from. Chef Carlos walks us through how to choose wisely.

**This is non-negotiable: For both fruits and vegetables, make sure you avoid those with brown spots, wrinkled skin, and mold**



- For lettuce, make sure your leaves aren't slimy or discolored. Leaves should be crisp and spotless.
- Avocados should feel slightly soft. Make sure to look under the dry button on the stem end—if it's green, you'll have the perfect avocado.
- Onions, shallots, garlic, and potatoes should be hard. If they're too soft, chances are they're overripe.

- Grapes should be tender and plump, and firmly attached to the stem. If the stems are brown and brittle, and the surface of the grapes are wrinkled then avoid that bunch.
- Tomatoes should be plump and smooth. If they're shriveled and with blemishes, they're no good.

- Carrots should be firm, smooth, and bright orange in color.
- Broccoli should be deep green in color and firm to the touch, with closed florets.
- Asparagus should be straight, with green stalks and closed tips. Be wary when you see stalks that are curved with open tips.

## MANE MAINTENANCE

By Regine Rafael

How often do you visit the barbershop? Twice a week? Once a month? Once a year? Whatever your schedule is, it's important to keep your hair well-maintained and looking good. Alex Carbonell, the creative artist of Studio Fix by Alex Carbonell and creative learning director for Fix Salons, gives us a few tips on proper hair care and the best styles for any guy on the go



### Know Your Shampoo:

Knowing the right shampoo and conditioner for you will help with proper hair care. Proper scalp treatment once a month and deep cleansing shampoo treatments once a week help, too. Shampoos for normal hair are gentle and won't remove the hair and scalp's natural oils. For oily hair, look for shampoos that contain cleansers designed to remove oil—which are great for oily scalps, but might cause excessive dryness for dudes with normal scalps. For dry hair, moisturizing shampoos are the way to go, and these add moisture to the hair and scalp. Use dandruff shampoos to prevent itching and flaking, but make sure you really have dandruff before using these.

### Hairstyles: Know Your Limitations:

The right hairstyle depends on a man's hair texture, lifestyle, and work. Face shape isn't necessarily important. A clean outline and textured layers are often the most requested hairstyles. Think classic and tailored styles for guys who want to look polished without too much maintenance.

### Be Product Literate:

The inexhaustible amount of hair products in the market can seem intimidating, but guys really only need a select few. Matte clay is a great hair product, giving your hair hold without the sticky feel. Light gel and water-based gel both work great for medium

hold. Light hair spray holds up hair for up to six hours, which is important especially for important gatherings or corporate parties.

### Wash and Dry:

You don't have to wash your hair every day, thanks to the scalp's natural oil. Proper hair drying is important, too. Don't rub your hair too vigorously with a towel; instead, shake out the excess water and stroke your hair gently in the direction it grows. Drying might take a little longer this way, but you'll definitely notice the difference. Also: No piping hot showers. When water is too hot, it strips the essential oils from the hair and scalp, leading to dryness.





## Fitness Fusillade

It was undoubtedly a day to push limits and test mettle. Last February 7 at the Gatorade Blue Pitch, Makati, Men's Health put weekend warriors through the Training Combine: a series of **fitness tests** usually reserved for the most elite athletes. Over 100 participants muscled through trials like the Vertical Jump, Medicine Ball Pass, 40-yard Dash, Figure Eight Drill, and Shuttle Runs to evaluate their strength and cardio.



## Five Fitness Tests



# Men's Health



## This is Not A Drill

After surviving the grueling fitness tests earlier in the day, participants also got a chance to take on high-intensity athletic **workouts**. The masterful trainers of Focus Athletics devised challenge routines using equipment from Chris Sports to really get participants' heart rates up and muscles working. Training Combine survivors walked away with a better grip on their health, as well as a few new ways to exercise.



## Three Challenging Workouts



# ONE GOAL: #YouImproved

Co-presented by:



## #MHTRAININGCOMBINE



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# Advantage

YOUR EDGE—IN EVERYTHING!  
EDITED BY ENRICO MIGUEL T. SUBIDO

STAY SHARP  
When the disease manifests,  
it may already be too late

## YOU, ME, AND HPV

You, your partner, or someone you love might already have it. Which is okay—no need to panic. But as a man, you have a responsibility. The following tips could be life-saving

BY JASON INOCENCIO



**T**here's a saying that what you don't know can't hurt you. Well, whoever believes that baloney is in need of a serious reality check. Things will inevitably come to light, and when it comes to human papillomavirus (HPV), it might be too late—a cauliflower-shaped growth sprouting from the head of Mr. Pototoy may suddenly greet you during your morning piss. For females, it's considerably scarier (read: cervical cancer). Ignorance is bliss? Yeah, right.

Despite how widespread and prevalent HPV is, many people remain uninformed about it. To wit, out of 100 known strains of HPV, approximately 30 are transmitted sexually. According to the US Centers for Disease Control and Prevention, HPV is so common that nearly all sexually individuals get it at some point in their lives. "Its relevance to cancer and

cancer progression is very important [because] awareness of HPV can help prevent cancer in both men and women," says Portia Villaceran-Fernandez, M.D., a Pangasinan-based ob-gyne.

Perhaps the scariest thing about HPV is that an estimated 80 percent of sexually active adults have one or more strains of it without even knowing it. "Oftentimes, you cannot see HPV with your naked eye; it shows no symptoms," warns Dr. Villaceran-Fernandez. It's hard to spot—and even harder to accept that you might actually be a carrier. Get off that high horse and read on for what you, as a man, can actively do to prevent the spread of this virus.

### GUY MUST-DO #1: PRACTICE SAFE, MONOGAMOUS SEX

There's really no quirky analogy for it: The more

## THE HABIT THAT MAY LEAD TO HPV

Are you vulnerable to the nasty virus?  
By Christa Sgobba

In a new study from the Moffitt Cancer Center, men who reported consuming the most alcohol—just over 2½ drinks a day—had a 13 percent increased risk for contracting any kind of human papillomavirus than light drinkers. The big boozers' risk of infection for specific cancer-causing strains was also 35 percent higher.

Yes, your first thought is correct: In the study, the guys who drank the most also tended to have more sex with more women. But the association remained even after researchers adjusted the data to take risky behavior into account.

While the study doesn't show cause and effect, the findings point to a possible link between excess alcohol consumption and weakened immunity to HPV, says study author Matthew Schabath, Ph.D. Even a moderate booze intake can impact your protection against the immediate effects of infection, and hinder your ability to develop immunity. This can leave you vulnerable to bugs like the cold, flu, and yep, even HPV.

Most guys will contract HPV at some point in their lives. According to research in *The Lancet*, 50 percent of men studied over an average follow-up of just over two years tested positive for some kind of HPV.

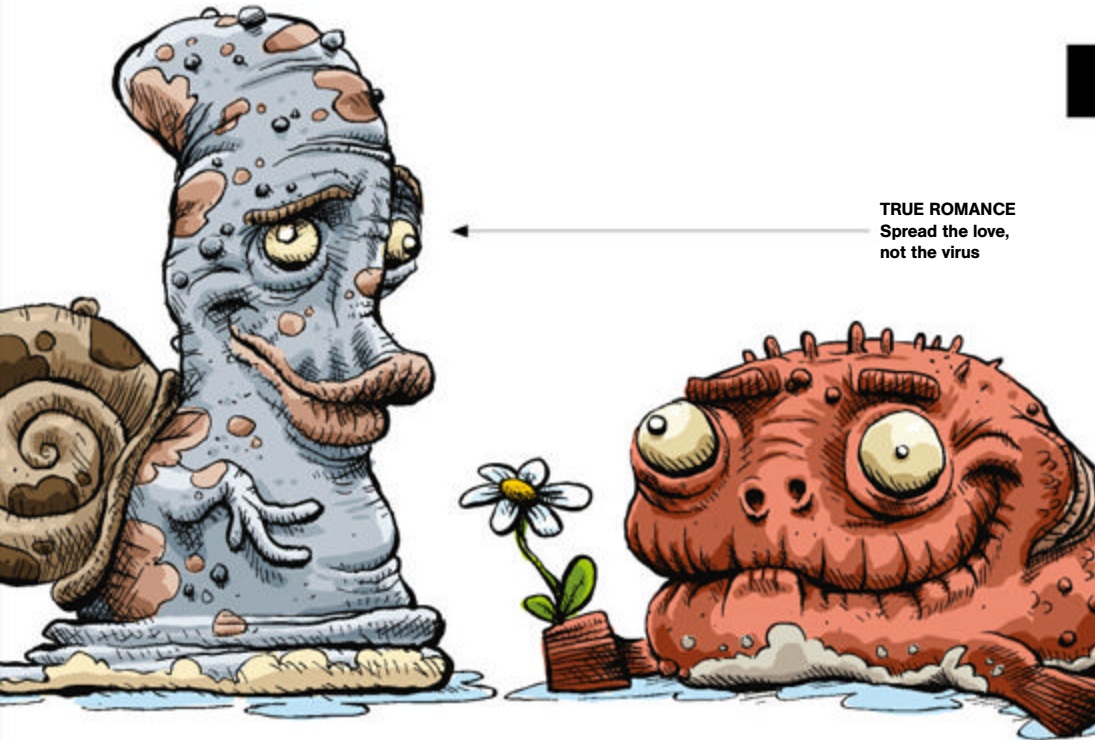
Usually, you don't even know you have the STD. But some strains of the virus can cause genital warts, and others may increase your risk of anal, penile, or mouth and throat cancers. Plus, you can pass the infection on to your partner.

Because HPV is spread through skin-to-skin contact, wearing a condom can reduce your risk of contracting it—but it won't fully prevent it. That's why you should consider the HPV vaccine, which can protect against future infection.

**TAKE CONTROL**  
Prevention is always better than cure in this battle







## FOR THE LADIES: HPV BY THE NUMBERS

Available statistics from the Department of Health and the World Health Organization focus on the effects of HPV and cervical cancer in females, but that doesn't mean guys should remain uninformed. The more we know about how this virus affects our lady-folk, the more we understand why we've got to put the kibosh on it



### 3RD



Rank of cervical cancer among the causes of leading new cancer deaths in the Philippines

### 30



Age at which the incidence of cervical cancer in women starts to rise

### 45-55



Age, for women, at which the disease peaks

### 500,000



Number of new cases, annually, of women who contract a form of cervical cancer

promiscuous you are, and the more sexual partners you have, the greater your chances of getting and passing on HPV. Apart from vaginal, anal, and oral sex, other skin-to-skin activities during intercourse can contribute to its transmission. We can't tell you to stop doing what you do in bed (or who to do these things with), but remember: You have to be part of the solution, not the problem.

**Doctor Says:** "Sexual promiscuity is one of the problems that can lead you to develop several sexually transmitted infections," notes Dr. Villaceran-Fernandez. "If you have been involved with more than one sexual partner, or if you have multiple partners, that increases your chances of getting infected."

### GUY MUST-DO #2: GET YOURSELF SCREENED, BROTHER

So, you think you're disease-free simply because you weren't born with lady-parts? HPV can lead to full-blown cervical cancer only in women, but men can also suffer from HPV-related infections. While the virus shows hardly any symptoms, things will get ugly when it decides to make its presence known. Think a nuclear bomb of embarrassing and cumbersome STDs and STIs. Warts, lumps, sores, and other unusual growths all over your junk? Totally not cool.

**Doctor Says:** "You should let yourself be screened [especially] if you have multiple partners," advises Dr. Villaceran-Fernandez. "Or you should go to a health provider when you notice [genital] discharge."

### GUY MUST-DO #3: BE OPEN WITH YOUR LADY

Be smart, objective, and scientific about it—encourage your partner to get tested, too. The pap smear is the tried and tested standard in the early detection of cervical cancer. As an alternative, the Department of Health emphasizes the importance of screening

with the Cervical Cancer Screening Program. This effectively combines visual inspection with acetic-acid wash (VIA) as the screening method of choice for cervical cancer here in the country. While the pap smear is a regular procedure in many major hospitals, the program was established for rural health units, district hospitals, and provincial medical centers.

**Doctor Says:** Yes, there is such a thing as a male pap smear. The point of an anal pap smear is to identify cell abnormalities that may lead to anal cancer. Though the procedure, in the context of HPV screening, is generally reserved for men who have sex with other men, it really won't hurt (literally) to have this done for your (and your heterosexual partner's) peace of mind. Don't worry: There will be a minimal amount of poking and prodding. It usually involves a small cotton swab and gentle hands, so you can put aside thoughts of having speculum-type devices up your butt. (We hear a collective sigh of relief.)

### GUY MUST-DO #4: UNDERSTAND, FELLAS—YOU AREN'T IMMUNE.

Other forms of cancer have been hogging the headlines for years, but let there be no doubt that cervical cancer is as lethal and dangerous as any of its more infamous cancerous brethren. The good news: HPV can actually be prevented through all the pointers listed above. This killer is indeed out there, but it can be targeted, suppressed, and ultimately defeated as long as you are vigilant in the battle.

**Doctor Says:** Condoms can decrease the risk of infection, but Dr. Villaceran-Fernandez warns "they do not guarantee 100 percent that you're going to be protected from HPV." Pair your rubber use with safe, monogamous sex and HPV screening. It might also be wise to get vaccinated. No, the HPV vaccine is not just for women. And though the ideal age for vaccination in boys is 11-12 years old, it's never too late—the vaccine is good for males of all ages. ■



THE ART OF LISTENING  
Better sex awaits the  
good listener

# THAT THING YOU DO? YEAH, STOP DOING IT

Priceless information here, gents, on five bedroom no-no's—straight from the ladies themselves. We won't blame you if you rip out these pages to share with the homeboys

BY DIANA UY

**H**aving good sex is all about women speaking out. “How do we expect our partners to know our needs and desires if we don’t?” asks Eleanor Leung, owner of popular erotic shop The Pleasure Place. “Our partners are not magicians, nor are they mind readers.” It’s been said a million times before: Communication is key to a satisfying and pleasurable bedroom experience.

Communication, however, is a two-way street, so let’s tweak that opening sentence a little: Having good sex is all about women speaking out...and about men listening.

Talking to your partner about sex is not as easy as it sounds. It takes development, openness, and an understanding that communication is a necessary

element in a successful and satisfying relationship. “Common sex-related lore holds that: Great sex comes naturally; your partner should know intuitively what you want and like; and good sex must be spontaneous,” asserts professor and practicing clinical psychologist Noam Shpancer, Ph.D. He continues: “In reality, more often than not, great sex, much like a great meal, does not just happen—it needs to be carried out with skill, thoughtfulness, and the right mix of selfish abandon and mutual attentiveness. People’s tastes, preferences, and values with regard to sex—as with food—differ greatly. You’re better off knowing something about your partner’s tastes before you start cooking.”

From a woman’s point of view, if a man wants to know how



to be better in bed, he simply has to go to the real source of information—his partner. We ladies may sometimes have a tendency not to talk, so just ask. Find some answers. Don't be shy; we won't bite—unless you tell us to. Be intimate and playful. Talk to us about sex without getting straight into the action. Share your fantasies, engage us in verbal foreplay, build anticipation. Sometimes it seems we're hard to please, but that might also be because we don't really know what pleases us. We want to know, too. Help us find out.

Our special female MH respondents for this piece have chimed in on one area of your relationship that could use a refresher: What you should stop doing in the sack. Now's a good time to take down some notes.

### NO-NO #1: GETTING RIGHT INTO IT

Just because you have a boner doesn't necessarily mean you can slam it right in (you shouldn't at all if you're not wearing any protection). Also, "guys have to make sure we have the equivalent of that boner, too, before anything else happens. I'm talking about 'wetness down there,'" says Patricia, 30, a corporate communications employee.

"Women like foreplay! It makes sex more exciting," executive producer Halo, 31, points out. Another tip, from 30-year-old logistics executive Anita, is to cuddle: "It's one of the sweetest things that happen in bed, and can actually help not only your sex life, but also your relationship in general."

**The Takeaway:** Women are emotional by nature, so our better halves should learn how to listen and take note of triggers that make us happy, sad, or relaxed. "Men should be able to have conversations about sex that don't always have to lead to the actual deed later on," stresses relationship counselor and certified professional coach Aileen Santos. In the same manner, you should play with us, warm us up, and get us nice and ready for sexy time.

### NO-NO #2: CH-CH-CH-CHANGES

Don't suddenly stop or shift positions when your partner is almost about to reach her climax. "It's always fulfilling when a really mind-blowing orgasm can be

achieved by both of you," Anita remarks.

And by the way, ever heard of "jackrabbit sex"? "Watch *Sex and the City* if you don't know what that is," suggests Halo. Once you're in the know, don't do it.

**The Takeaway:** It's not on the same level, but you know those times when all you can think about is a particular kind of food, and at the end of the day, the only store that sells it is closed? Multiply that feeling by a million, and it still doesn't come close to what it's like to miss an orgasm because you "wanted to try something new."

### NO-NO #3: NAME CALLING

Do not ever, ever, mention another girl's name to fulfill a fantasy during sex—especially if it's the name of a real person. Even fantasy porn-star women are verboten. "There's always the right time to bring up your sexual fantasies. But not when you're in the middle of doing it," states Louie, a real estate property consultant executive.



And speaking of porn stars, please stop expecting us to have a cache of porn-star moves. "We're not all as limber, you know," quips Patricia.

**The Takeaway:** It's a book mostly aimed at the female crowd, but if you've read it (don't be shy), understand that *Fifty Shades of Grey* is not an instructional manual. Santos says that when it comes to what women want, most men mistakenly believe that they have to copy what they see in movies or read in books. She reiterates that having a good sex life with your partner is the result of good communication, and of

knowing each other in all aspects of the relationship especially outside of the bedroom. "It's the full sharing of each other without having to rely solely on bedroom techniques," she explains. "The purpose of sex is connection that deepens a relationship. But it can't go any deeper than the intimacy you build in the other aspects of your relationship."

### NO-NO #4: INQUIRING MINDS

Asking too many questions while you're in the thick of sex can really dampen the mood. Does this feel good? Is this okay for you? Is my d\*ck big enough? "If you have to ask, it probably isn't!" responds Patricia. "As for the actual sex, it doesn't have to be long and tender. Sometimes I like it rough and fast."

Stop analyzing the moment and just go with what feels right. "You will know it, feel it, and hear it when you're doing it right!" affirms Louie.

**The Takeaway:** You are a man, so man up! We want to feel your masculinity because it comforts us. If you're asking too many questions and being unsure of yourself, it doesn't inspire confidence in us. "Men should be assured that they have the special power to get rid of women's negative emotions," Santos says. "[That power in men] is a potent aphrodisiac. In their actions or words, men should be able to communicate that message of masculinity."

### NO-NO #5: THE LOVE LOSER'S LIST

Okay, so we're lumping all these into one final tell-off for your education: Stop demanding for head. Stop over-complimenting your partner. Stop saying, "I love you" in mid-hump.

"Nothing makes me want to give you head more than you not asking for it," reveals Patricia. "It's never out of the question; I just have to be in a certain mood for it." Meanwhile, Anita warns that "while it's good to shower me with compliments, overdoing it sounds fake already." And for Louie, the best times to declare your love to your partner is before or after sex, "not when you're about to have the big O. No girl will buy that."

Most important of all? Never go limp in the middle of sex. That's obviously a deal-breaker.

**The Takeaway:** Can we be any more clear? ■

## WATCH PORN WITH HER

DAVID LEY, PH.D., THE AUTHOR OF *INSATIABLE WIVES*, HELPS YOU MAKE AN X-RATED DATE.



### WHEN SHE SAYS...

● SAY THIS ● NOT THAT

### "WHAT? I'M NOT ENOUGH FOR YOU?"

● "I THOUGHT IT'D BE FUN." ● "IT'S ABOUT TIME WE TRIED SOMETHING NEW."

Success depends on seeing this as a boost to a healthy, thriving sex life—not an attempt to save one that's sagging.

### "NO WAY!"

● "COOL." ● "DON'T BE A PRUDE."

Porn is often linked to deep-seated feelings of fear and shame, which—sorry, pal—will take more than one conversation to sort out.

### "BUT THAT STUFF IS ALL SO GROSS."

● "HERE, YOU PICK." ● "TRUST ME. WATCH THIS."

Newer sites like Bright Desire make videos meant for women to enjoy—more realistic, less misogynistic.

### "OKAY, I THINK I'VE SEEN TOO MUCH."

● "ME TOO." ● "THE GOOD PART'S COMING SOON."

She's in control—so she stops, starts, and makes whatever other requests she wants. Including any new positions she'd like to try.



# ARMOR UP YOUR LIVER

Regulating your alcohol and fatty-food intake is just the tip of the iceberg. Read on and get liver-smart

BY ENRICO MIGUEL T. SUBIDO

**H**ere's a quick and simple-to-understand tidbit: Taking care of your liver is all about preventive maintenance and avoiding the "bad" stuff, not about ingesting substances that can improve its condition. In a nutshell, your liver doesn't benefit from after-the-fact fixes.

Getting on the healthy liver bus is a smart move any day. You avoid having abdominal bloating or distention (which can disfigure your manly form), swollen legs and ankles, abdominal pain, and chronic fatigue. And unless you think constant itching and jaundice are particularly sexy, you definitely want to keep your liver in tip-top shape.

Cutting beer and crispy *pata* from your life completely may sound a bit too drastic, though. Just enjoy the brew and the fatty goodness in moderation—that's the key. Want to know how else you can keep your liver healthy? Keep reading and learn more liver-lovin' tips.

## LIVER-SAVING TIP 1



### Mind the Booze

Your liver can be likened to a vital detoxification stop that guards the body against harmful substances. As a biochemical synthesizer that filters blood and rids it of toxins, it effectively separates the good from the bad so that only the useful nutrients for daily functioning are retained.

Obviously, alcohol contains toxins that can scar and harden the liver to the point that it will not function properly. "Alcohol causes direct liver injury, fatty liver disease, and, eventually, cirrhosis (scarring and hardening). These are the common problems connected to chronic alcohol intake," says Jose Christopher Torio, M.D., a gastroenterologist at the University of Pangasinan Medical Clinic. An added risk is that too much alcohol can damage the digestive system, causing dangerous toxins to escape from your gut and contribute to liver inflammation and scarring.

**Love Your Liver:** Forgo the alcoholic binges. But if you have to indulge in occasional social drinking, check the alcoholic content of your liquor. "Proof" is a measure of the ethanol contained in distilled alcoholic beverages, and drinks with higher alcoholic content will expectedly do more damage. "Using light beer as a baseline, here is a rough estimate of how you can hurt your liver with alcohol: If you ingest 6 to 8 bottles daily, over the course of 2 to 3 years, I guarantee that you will get liver problems," Dr. Torio states.

Everclear, a grain spirit manufactured by American company Luxco, is banned in many US states because it peaks at 190-proof. It has the dubious distinction of being among the top liquors on the "most alcoholic" list. Ginebra San Miguel, a local *wasalak* favorite (and feared by livers far and wide) is only 80-proof. The term "only," many Pinoys will concur, is used in jest.

## LIVER-SAVING TIP 2



### Get Vaccinated for Hepatitis, Stat

Hepatitis is a disease characterized by inflammation of the liver. It is transmitted through blood and infected bodily fluids, and can be self-limiting or may progress to fibrosis, cirrhosis, or liver cancer.

In the Philippines, Hepatitis B is said to be the leading cause of liver damage resulting in liver cirrhosis and liver cancer. "Studies show that in the Philippines there is a Hepatitis B carrier rate of around 9 to 16 percent," according to a report by the Hepatology Society of the Philippines. "This means that out of 10 people, at least one is a carrier of Hepatitis B."

**Love Your Liver:** Proper hygiene and safe sex should keep the risk factors at bay, but take it a step further and get vaccinated against the disease.

**FILTER FRIENDLY**  
You've only got one liver, so mind the things that you filter through it



**80%-90%**

The percentage of infants who are at risk of developing chronic Hepatitis B and Hepatitis C infections during the first year of life. Keep the kids safe with proper immunization

Photographs by GETTY IMAGES



### LIVER-SAVING TIP 3



#### Read the Labels

As the main organ for detoxification, the liver shouldn't be overloaded with drugs like cocaine, shabu, and other stuff you wouldn't want to be caught in an airport with. But even common over-the-counter medications containing acetaminophen (found in many popular medicines) are dangerously toxic when taken in excess.

Also, too much of vitamins A, C, and E can also tax your liver. "Don't exceed the recommended daily allowance for these vitamins," stresses Dr. Torio. "Taking too much vitamin C, for example, can result in gallstones. The point is that you don't want to overwork your liver with too many vitamins such that it has difficulty metabolizing them." Be careful, too, with folk medicine and herbal cures. Comfrey tea, touted as a "natural remedy" that eases expectoration, can cause liver cell damage.

**Love Your Liver:** Even if you've been taking vitamins and supplements for years, seek advice from a licensed and trusted professional to make sure you're not going over the limit. As for over-the-counter medication, read the labels carefully for the proper dosage.

# 14

Liver disease is ranked 14th in the top-20 causes of death in the Philippines, according to [www.worldlifeexpectancy.com](http://www.worldlifeexpectancy.com)

### LIVER-SAVING TIP 4



#### Eat Liver-Friendly Food

Sure, you don't drink, but fatty bar chow is the next worst thing for your liver. In the journal *Diabetology & Metabolic Syndrome*, researchers led by Kaori Hosoyamada and Hirofumi Uto published results of a study that proved the link between fatty liver disease—a condition where excess fats deposited in the liver leads to damage and inflammation or cirrhosis—and high serum levels of low-density lipoproteins (LDL) in men. LDL is the same bad cholesterol that clogs arteries and causes heart disease.

**Love Your Liver:** Trans-fat-laden choices from fast-food joints can hasten fatty liver disease, so avoid these. Drink enough water and consume high-quality proteins from animal and vegetable sources instead to lessen stress on your liver.

Antioxidants like selenium and vitamins A, C, and E promote liver health, so load up on vegetables like broccoli, kale, cauliflower, and greens. Likewise, a magnesium-rich diet with spinach, cashews, cocoa, wheat germ, and kelp can help keep the liver healthy. "You should never be afraid to approach your doctor for advice on liver health," adds Dr. Torio. "See a specialist as well, to make sure you are getting the best treatment. A specialist will be able to clearly suggest if you need specific tests to check if you have liver problems."

### LIVER-SAVING TIP 5



#### Believe in Exercise

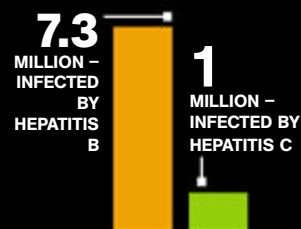
Obesity is another factor that is linked to fatty liver disease and cirrhosis. So, corollary to eating healthy meals, watching your weight, monitoring your serum cholesterol levels, and exercising adequately keeps the liver healthy.

**Love Your Liver:** Work out regularly, and be sure to include strength training in your program. Start slowly and build up gradually as your endurance increases.

If you lead a sedentary lifestyle, it might be prudent to get a medical checkup before embarking on a workout regimen. "Complete checkups should be a prerequisite for people who want to start exercising, because patients might have certain complications that will not go well with sudden and intense exercise programs," cautions Dr. Torio. "Some people might have cardiac problems like hypertension, or other complicating factors like diabetes. You need to have the right kind of exercise program given this scenario." ■

## HEPATITIS: THE PHILIPPINES' "SILENT EPIDEMIC"

Hepatitis is an asymptomatic disease, meaning it shows no symptoms in those who are affected. This makes it an even more dangerous illness. The striking numbers don't lie: Close to 8.5 million Filipinos suffer from Hepatitis B and Hepatitis C, reports the Hepatology Society of the Philippines.



- Liver cancer is the 8th most common form of cancer worldwide
- The liver is the 2nd most prevalent cancer site in Filipino men
- 40 is the age at which increased liver-cancer incidence is detected



## GOING WITH THE GRIND

**Achieving work-life balance gets even trickier when you add the element of personal fitness. The good news? With the right attitude, you can have it all**

**BY MIKHAIL ALEKSANDR LAGMAY SOLIS**

**C**lassroom-dojo-gym. That was my daily routine 10 years ago as a student-athlete and team captain of the UP Diliman Men's Judo team. I worked out daily despite the heavy load of academic units, lifting weights at the gym, practicing moves at the dojo, and pounding asphalt on the famous Academic Oval. A big part of my student life was spent at the UP Gymnasium. Don't get me wrong: Balancing my studies with my varsity training wasn't a walk in the park, but being in the gym and training every day made me feel great. Plus, it gave me that college-jock-heartthrob body and look. I loved it.

After graduating college, I considered fighting professionally in MMA, given that the sport was booming. I watched a number of former teammates and co-athletes get into it, and I felt that I could make it my career, like how a college basketball star aspires to be a PBA cager. That wasn't the road I took.

Instead, I got an office job and embraced "real life." Though I've made the most of it so far, the transition from college athlete to working stiff wasn't easy.



## THE GYM WITHDRAWAL

The first job I got after college was in Pasay City (I lived in QC), and I had to be there six days a week. The drive to work took two hours. Getting back home meant driving for another hour and a half. That's three and a half hours spent on the road daily, which proved to be very stressful especially in rush-hour traffic.

I tried to squeeze in a workout every day, heading to the gym in my brother's nearby condo during my lunch break. I felt like there was something missing in my workouts, and then I finally realized what I was experiencing: gym withdrawal. My body was looking for those familiar, fulfilling routines I had gotten used to back in school.

With my body missing out, my mind began making excuses. I got into the bad habit of justifying why I couldn't work out, fooling myself into thinking that hitting the gym was no longer an option. There were a lot of times when I'd be sitting in my car, dreading the day and the long drive ahead, and thinking I should be spending that time in the gym instead. But I accepted these circumstances; this was "real life," after all.

Going from three and a half hours a day in the gym as a student to three and a half hours a day on the road as a yuppie was a big change. But one thing certainly didn't change from my college days: my appetite. I still ate the same way I did as a young, active athlete—

## AFTER THE FINAL WHISTLE

Student-athletes who no longer compete may lose their sense of "sports self-esteem," where they equate their value to their success in sports, says Mark Anshel, a sports psychologist at Middle Tennessee State University. Looking for a new activity to invest time in could help you cope with the transition.

but this time, without the daily workouts or a jet-fast metabolism. And when your training regimen from the past 4 to 5 years in college is gone and your diet remains the same, you know what's going to happen next.

## TRAINING FOR THE RIGHT REASONS

After two years in the workforce, I got promoted to manager and was assigned to Eastwood City. I decided to relocate to Eastwood, where there was a gym right below my condo unit. I resumed my weight training, and I saw decent results. My new position at work also gave me more control over my schedule, which meant one thing for me: more gym time.

I started to lose weight, gain muscle, and get ripped again—a far cry from my college days, but still great considering I had a full-time job. Just when I thought I had found my stride, though, "real life" caught up with me yet again—this time with heavier workloads and more people to manage. I hit the gym less and less, and soon went through gym withdrawal a second time. I began to regain the weight I had shed. I felt bad...and then I realized that I didn't have any excuse anymore. I lived near my office, and I no longer had to deal with long drives. I could no longer fool myself into believing I had no time.

I now know that getting your daily workout is all just a matter of having discipline. If you have a goal and you really want to reach it, then discipline is the bridge to help you get there. Wanting the same amount of workouts I had as a college athlete was an almost impossible wish, given the demands of my job. Spending most of the day working out isn't a luxury enjoyed by most employed adults (unless you're a fitness trainer or professional athlete, of course). With that in mind, I found that it's important to create an exercise regimen that fits you, your goals, and your age.

I also found that you must want to get fit for the right reasons—good overall health, for example. In my case, I'm about to get married to my fiancée Therese, and I'm motivated to bring back my rock-solid body in time for our wedding.

I consider myself lucky to have experienced the gym withdrawals and relapses that typically come with life after being a varsity athlete. I'm reinvigorated now, and I've been consistently hitting the gym to become fit, gain strength, and achieve good health. My varsity-athlete days may now be far behind me, but that doesn't mean I can't form new habits that my body and soon-to-be wife will thank me for in the future. ■

# A WORKING MAN'S WORKOUT TIPS

## NIP GYM WITHDRAWAL IN THE BUD



You'll likely go through an adjustment phase when you get your first job, where you'll have a hard time prioritizing exercise. Fight the gym withdrawal and start training right away. Plot your workout schedule even if you're adjusting to a new work environment.

## MAXIMIZE MOMENTUM

Set goals for yourself to stay motivated. Get the ball rolling, stay disciplined, and try not to lose momentum. "As your work hours end, stay motivated by watching a fitness video that gets you fired up," recommends Fitness Lab trainer Victor Carillo.

## ADJUST YOUR WORKOUT

Training at the same RPMs as you did back in college won't be as easy now that you're working. Adjust your routine according to your age, schedule, and new lifestyle.

## KEEP IT LOCAL

Map out the proximity of your workplace to the gyms in your area. To be able to fit training into your busy work schedule, you need to find a gym that's close to your workplace. Also, keep an eye out for nearby locations where you can jog while waiting for rush hour to pass.

## ALL BANGED UP

The post-college life of a student-athlete isn't just rough psychologically, but also physically. A 2013 study conducted at the Michigan State University reported that nearly 30 percent of student-athletes' injuries were from overuse, or repetitive re-injuring, which could carry over past graduation. To help treat old injuries, Neel Mehta, M.D., recommends foam rolling to loosen tight muscles. Using cold and hot compress could also help.





# Bite with White

Calling all coffee and tea drinkers!

Time to bring out your teeth's natural whiteness with Zact Extra Whitening toothpaste. Instead of masking stains, the premium quality whitening toothpaste helps remove the stains as you brush. It's safe and gentle enough to use daily as it contains two advanced whitening agents and has 60% more stain removal power compared to ordinary, everyday toothpaste. It also contains fluoride, which strengthens teeth against cavities, and has a great minty taste for fresher breath.

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# COACH

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YOUR DIY GUIDE TO MAKING  
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MASTER THE CLASSIC  
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### THE BODYWEIGHT FAT BLASTER

A NEW WORKOUT THAT  
ELIMINATES BOTH EXCUSES  
AND YOUR GUT



## BURN MORE, EAT LESS

High intensity intervals have long been harped on due to their effectiveness in burning fat. Turns out it can also make you eat less. A study published in the *International Journal of Sport Nutrition and Exercise* found that compared to moderate intensity intervals, higher intensity sessions can lessen your food cravings. In their experiment, researchers also discovered that fat intake is 16 percent lower for those who did a high intensity interval workout while those who were in the moderate range ate 38 percent more fat after exercise. Try this month's workout poster for starters, to help curb your appetite.

### PUMP IT!

Build muscle  
and curb  
cravings with  
high intensity  
intervals





# MAINTAIN YOUR PEAK

MIXED MARTIAL ARTS CHAMP ANDREW BENIBE SHARES THE SMART FIGHT PLAN TO PUSH PAST YOUR PHYSICAL LIMITS

BY WAYNE JOSEPH TULIO • PHOTOGRAPHS BY MIGS CASTRO

**ANDREW BENIBE PROVES THAT AGE ISN'T** an excuse when it comes to maximizing your physical potential. At 39, he captured the Universal Reality Combat Challenge (URCC) bantamweight belt with a come-from-behind, fifth-round technical knockout of Onyok Transmonte. It's a jaw-dropping feat considering he wasn't exactly winning the fight. "I fought 25 minutes before, but this last fight, I was really hurt—*sobrang dami ko ring tinanggap*," Benibe recalls.

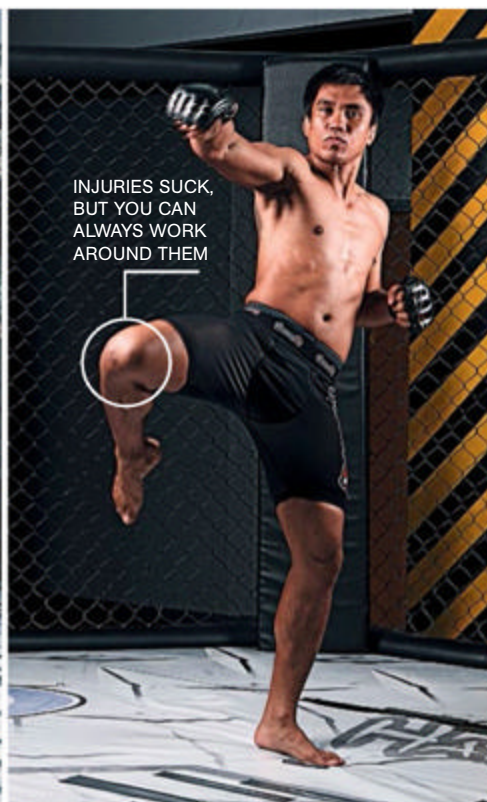
On top of his decade-long experience as a mixed martial artist, Benibe enumerates the key changes he has made to bolster his durability: "I'm living a healthier lifestyle; I did a lot of rehab with my injuries and ate better. *Sobra siyang nakatulong*." Now that he has captured the 135-pound title, he is hell-bent on keeping the belt through an age-appropriate approach to training. Here are his pointers to help you stay fighting fit for the long haul.



TAKE DOWN  
OVERTRAINING  
BY LISTENING  
TO YOUR BODY

## STRIVE FOR BALANCE

You have to know when to rest and when to push. I'm starting to feel the age factor, so it takes time for me to recover. I make sure I'm feeling refreshed enough to train 100 percent. *Yung ibang bata*, they keep pushing—then 3 to 4 years later, *bugbog na yung katawan nila*.



INJURIES SUCK,  
BUT YOU CAN  
ALWAYS WORK  
AROUND THEM

## NEVER SKIP WARM-UPS

Before, whenever I arrived at practice late, I wouldn't warm up. I would jump in and spar or do drills. I have a few injuries, like tendonitis, tennis elbow, groin pull—*ang dami* just because of not warming up! It takes me 15 to 20 minutes now to do self-myofascial release with a foam roller, dynamic stretching, and basic Muay Thai or wrestling stretches. It's a must! I don't care if I'm late. I will still do them first.

## LISTEN TO YOUR BODY

I've had my fair share of injuries, but there are a whole lot of things you can do even if you're injured. Just make sure that what you're doing doesn't hamper your recovery. You really have to listen to your doctor. *Marami kasi, hindi nakikinig—mas humahaba tuloy ang recovery*. Ask how many weeks your recovery period is and how you can work around or through your injury. If not, rest and rehab. Once you're fit, that's the time you start training. *Hindi pwedeng bara-bara approach* because once you get older, *mararamdaman yan ng katawan mo*.

## TRAIN FOR FUNCTION

Part of Andrew Benibe's training evolution is the switch he made in strength and conditioning. Now, he's into suspension training and other functional methods that directly translate to his sport. Here are two of his favorite moves:



## ATOMIC PUSH-UP

**WHY HE LIKES IT:** "It works all the muscles involved in wrestling and jiu-jitsu. That's why it's a must for my team."

**DO IT:** Place your feet on the handles of a suspension trainer and assume the push-up position, your weight resting on your hands. There should be a straight line from your shoulders to your feet. Lower yourself by bending both elbows until your chest is close to the ground. Exhale, and as you go back up, lift your butt up to form an inverted letter V with your body. That's a rep.



## PISTOL SQUATS

**WHY HE LIKES IT:** "It helps with leg balance, flexibility, and coordination."

**DO IT:** Stand holding the handles of a suspension trainer away from the anchor point, keeping your arms straight and your right foot lifted slightly off the floor. This is your starting position. Lower yourself by pushing your hips back until your left thigh is parallel to the floor. Contract your core and maintain an upright torso throughout the move. Do this for your desired number of reps, then switch sides.





Perfect Form

# FRONT SQUAT

SWITCH TO THIS VARIATION OF A CLASSIC LOWER BODY EXERCISE STAPLE FOR MAX LEG POWER

BY WAYNE JOSEPH TULIO

## BUILDING SERIOUS LEG STRENGTH AND POWER

means you'll be doing squats at some point—the move recruits almost all of your lower body muscles with each rep. While the barbell back squat is a popular go-to, it's time you try the front version. A study published in the *Journal of Strength and Conditioning Research* found that while both variations engaged the same muscles, the back squat tends to stress the lower spine.

“With the front squat, you are placing the spine away from a biomechanical disadvantage by keeping it upright during movement—saving your back from too much stress,” explains Paulo Sotelo, senior coach at 360 Fitness Plus in Alabang. Make the switch and follow Sotelo's tips on this page to hit your leg muscles better the next time you're at the gym.

### Low, But Upright

Bend your knees, as if you're about sit down, to go as low as possible. Minimum distance is until your thighs are parallel to the floor. The ultimate goal: ass to grass. Be sure that your torso stays upright throughout the movement.

### Rack It

Hold the barbell in a front rack position with your shoulders and chest supporting the weight. Grab the bar from underneath with your fingertips and keep your elbows up all throughout.

### Posture Proud

Keep your chest out at all times. Don't lean forward and certainly don't lean back. Chin up, as well.

### Align Thy Joints

Make sure that your knees don't move from side to side. Also at your lowest point, your knees should not go further than your toes. Maintain the alignment of your hips and ankles as well.

### Set Your Base

Keep your feet planted on the ground, shoulder-width apart with your toes pointed forward.

## MASTER THE FRONT RACK

To grasp the bar correctly, perform the Frankenstein rack. It's a good way to find the sweet spot where you feel the weight being supported by your body with minimal strain on your shoulders. The barbell should naturally sit at this spot.

**Do it:** Stand in front of a barbell on a rack with your arms forward and shoulder-width apart (kinda like the

Frankenstein monster) until your shoulders touch the bar. This is your sweet spot. From here, you can then proceed to bend your elbows up and grasp the bar with your fingertips.

### KEEP 'EM MOBILE

The front rack can be difficult especially if your wrists, lats, and forearms are tight. During your warm up, work on rotating your wrists and shoulders. Foam rolling your lats and forearms will help, too.



Illustration by CARLO MAALA. Photograph by GETTY IMAGES



03.15

Men's Health

## FEB

KNOWLEDGE TO GET YOU FITTER,  
FASTER, AND STRONGER





**MH**

# THE NEW INSANITY WORKOUT

SHAUN T WANTS TO  
KICK YOUR ASS. SURVIVE  
30 MINUTES WITH HIM,  
AND WATCH YOUR FAT  
MELT AWAY

BY TREVOR THIEME  
PHOTOGRAPH BY TURE LILLEGRAVEN

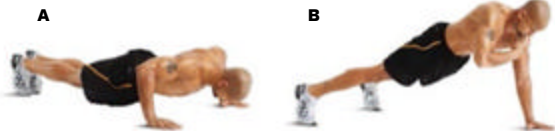
**WARNING: THE FOLLOWING WORKOUT** may cause extreme sweating, uncontrollable grunting, and intense muscle burn. Repeated exposure can result in rapid fat loss, accelerated muscle growth, and a daily workout obsession. "There's only one word to describe it: *insane*," says trainer Shaun T, who designed the workout based on the principles of his new fitness DVD, *Insanity Max:30*. "I took the same exercise volume I had in the original *Insanity* program and condensed it," he says. "Instead of going for 45 to 60 minutes, you'll be done in 30 or less—but they'll be the toughest 30 minutes you've ever done." The key to the program's effectiveness is a Tabata-style high-intensity interval training (HIIT) protocol involving short periods of lung-busting work alternated with even shorter periods of rest. "It's all about going as hard as you can until you need a break, such as modifying an exercise to make it easier or pausing to catch your breath," says Shaun. "Mark down when that happens—each workout is a test—and every week you'll see yourself getting stronger, leaner, and fitter."



## THE ULTIMATE NO-WEIGHTS FAT BLASTER

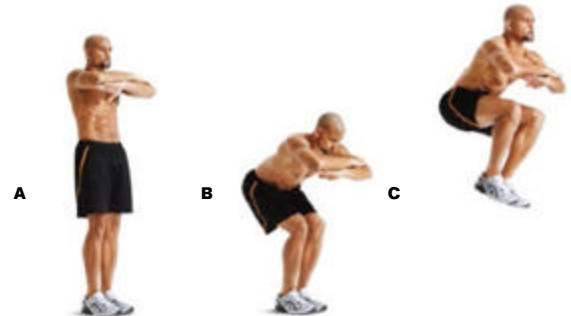
Round No.

# 1



### Push-up Jack with Shoulder Tap

Assume a plank position and lower your chest until it nearly touches the floor [A]. Push up explosively, spreading your feet and touching your left shoulder with your right hand [B]. Lower and repeat, this time touching your right shoulder with your left hand. Continue alternating.



### Genie Tuck Jump

Stand tall with one forearm stacked on top of the other in front of your chest [A]. Push your hips back and bend your knees in preparation to jump [B]. Spring off the floor, jumping as high as you can while tucking your knees toward your chest [C]. Land softly and repeat.

Round No.

# 2



### Dive Push-up

Assume a plank position and raise your hips so your body forms an upside-down V [A]. Drop your hips and simultaneously pull your body forward, lowering your torso until your chest is a few inches from the floor [B]. Reverse the move to return to the starting position. Repeat.

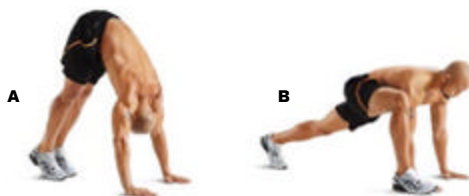


### 360 Squat

Stand with your feet beyond shoulder width. Bend your knees, push your hips back, and reach your arms between your legs, touching the floor with your fingertips [A]. Hop and turn 90 degrees to your right [B]. Continue to hop in place clockwise. Change direction each set.

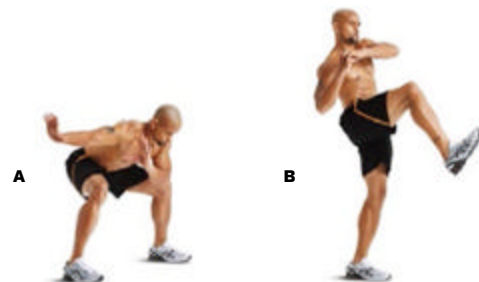
Round No.

# 3



### Pike-Up Spider Lunge

Assume a plank position and raise your hips so your body forms an upside-down V [A]. Step forward with your right foot, bringing it next to your right hand [B]. Return to the starting position and repeat, this time bringing your left foot next to your left hand. Continue alternating.



### Ab Attack

From a standing position, jump your feet apart and drop into a squat, reaching right [A]. Explode up, shifting your weight to your left leg and raising your right knee [B]. Repeat, this time reaching left, shifting your weight to your right leg, and raising your left knee. Continue alternating.





# 03.15

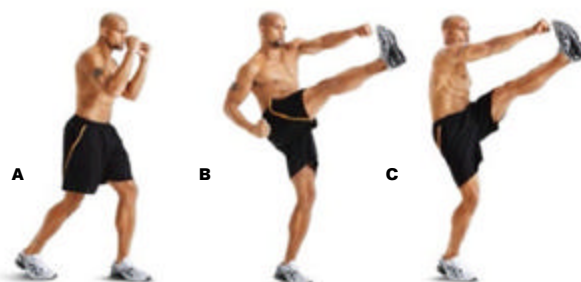
## DIRECTIONS

Do the workout three times a week for 30 days with at least 24 hours of rest between sessions. Do 4 sets of each move in the order shown. For each set, go hard for 20 seconds and rest for 10 seconds. Rest 30 seconds between rounds.



### Punching Abs

Sit with your butt and heels on the floor, knees bent, and torso at a 45-degree angle. Clench your hands, bringing your right fist to your side and extending your left fist in front of you [A]. Now punch forward with your right fist and pull your left fist to your side [B]. Continue alternating.



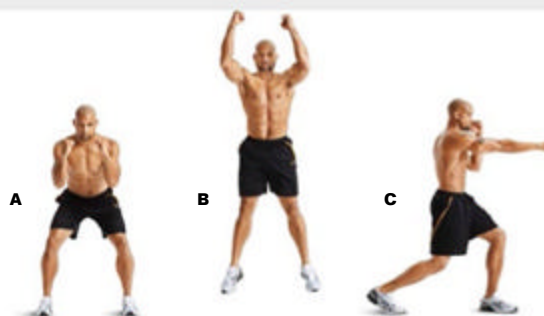
### Switch Kick Punch

Assume a fighter's stance with your left foot forward [A]. Kick with your right leg and punch with your left fist [B]. Switch legs and arms, jump kicking with your left leg and punching with your right fist [C]. Continue alternating without returning to the starting position.



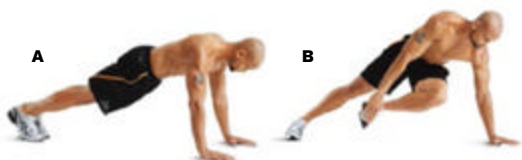
### Oblique Knee Tap

Assume a side-plank position with your weight on your left forearm, your body straight, and your right hand in front of your chest, palm facing your feet [A]. Touch your right knee to your right hand [B]. Return to the starting position and repeat. Switch sides each round.



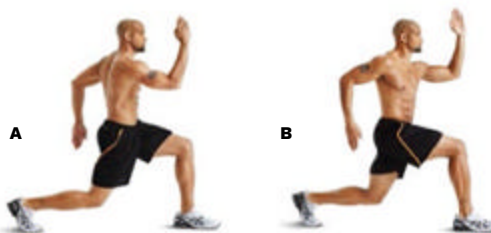
### Jump Cross

Assume a quarter-squat position with your feet shoulder-width apart, hands clenched, and fists in front of you [A]. Spring off the floor [B]. When you land, immediately pivot left and throw a punch [C]. Reset and repeat, this time punching to your right. Continue alternating.



### Alternating Toe Tap

Assume a plank position with your feet together, arms straight, and hands positioned below but slightly wider than your shoulders [A]. Touch your left foot to your right hand [B]. Repeat, this time touching your right foot to your left hand. Continue alternating.



### Low Split Lunge

Assume a staggered stance with your left foot forward and both knees bent nearly 90 degrees. Raise your right arm in front of you and move your left arm behind you [A]. Hop just high enough to quickly switch leg and arm positions [B]. Continue alternating.





# B.Y.O.G. (BUILD YOUR OWN GYM)

CONVERT YOUR PERSONAL SPACE INTO A TRAINING GROUND FOR BUILDING SERIOUS MUSCLE

BY GABRIEL A. PANGALANGAN • ILLUSTRATIONS BY LUCIANO SONNY RAMIREZ

01 A

RUNNING WITH A TIRE SLED STRENGTHENS YOUR STRIDE

01 B

**SETTING UP YOUR OWN HOME GYM** is a surefire way to squeeze in a workout whenever it's convenient for you. But before you go beast mode in your house, note that the initial investment isn't necessarily cheap. If you're after the standard equipment found in your local fitness center, then you need to shell out a bit of dough.

There's a bang-for-the-buck alternative, though. With a bit of elbow grease and some already available or easily acquired items, you can construct your own legit workout equipment. Just make sure you take precautionary measures and utmost care during the building process. "Many people who do DIY jobs actually enjoy the process, but it's important to do things right," reminds Anne Uy, a trainer at CrossFit MNL in Kapitolyo, Pasig City.

Follow these steps to assemble five muscle-building tools safely. Once done, you can get started on building your next masterpiece: a rock-solid body.

## 01

### TIRE SLED

#### WHAT YOU'LL NEED:

- 1 car tire
- 1 eyebolt
- 1 rope (at least 4 m long)
- a drill

#### BUILD IT:

**Step 1:** Use a drill to create a hole in the center of the tire's surface.

**Step 2:** Screw the eyebolt into the hole and secure it with a washer and nut.

**Step 3:** Insert the rope into the eyebolt and tie the ends together.

#### USE IT FOR: SLED PULLS

It's a great move to develop speed and explosiveness because it adds resistance to your runs, explains Matt Makalintal, a trainer at CrossFit MNL. He recommends doing 5 to 10 sets of 50-meter sprint intervals with the tire in tow for maximum benefits.

**[A]** Wrap the tire sled's rope around your waist.  
**[B]** Run forward for 50 meters.

#### COACH'S TIP:

Make sure there's a 2- to 3-foot distance between the rope on your waist to the tire so you won't accidentally trip, suggests Makalintal.





## 02

### SANDBAG

#### WHAT YOU'LL NEED:

- 1 medium-size canvas duffel bag with handles
- 3 garbage bags
- 1 roll duct tape
- 20 to 30 lbs of sand
- a weighing scale

#### BUILD IT:

**Step 1:** Place the sand in the garbage bags. Use your weighing scale to make sure each bag has 10 pounds each.

**Step 2:** Secure each bag using duct tape so that no sand can spill out.

**Step 3:** Place the 10-pound bags into the duffel bag depending on how much you want to lift. Zip it up and you're good to go.

#### MAKE IT TOUGHER:

Reinforce the 10-pound sandbags with more

duct tape, or place all of them inside a garbage bag before putting them inside the duffel bag. Also, avoid dragging or dropping the bag to minimize wear and tear.

#### USE IT FOR: ROTATIONAL LUNGE

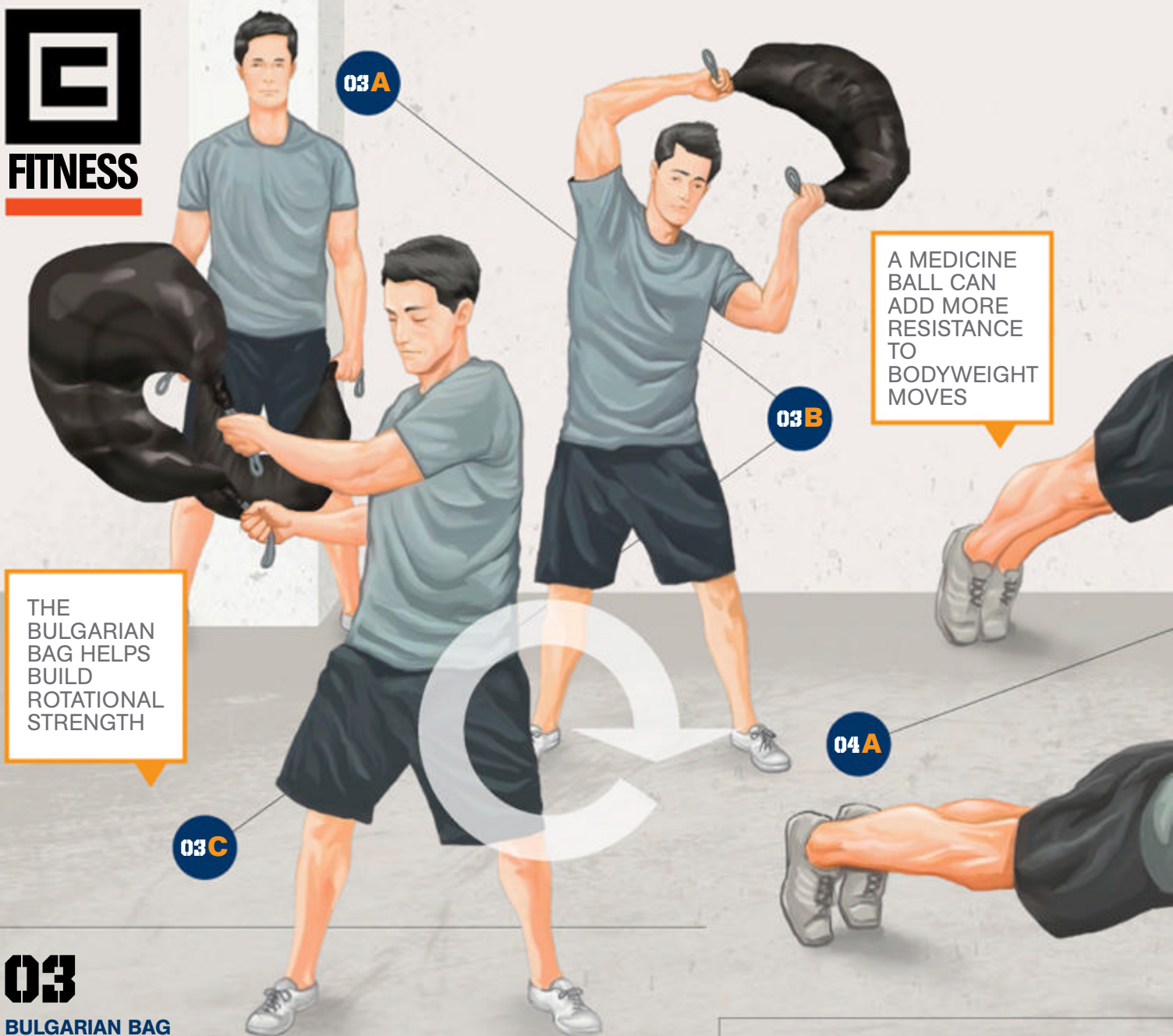
Working out with this tool has distinct advantages. "Because the sandbag has a shifting center of mass that constantly changes as you raise and lower it, your body has to adjust to manage and stabilize its ever-changing shape," writes Myatt Murphy, C.S.C.S., in *Men's Health Push, Pull, Swing* (available at National Bookstore). Each rep requires your

body to recruit more muscle, resulting in more calories burned. Do three sets of 10 reps for a full-body workout.

**[A]** From an athletic stance, step back with your left leg and execute a lunge while holding the bag by its handles on your right side.

**[B]** Thrust your hips forward, square your feet, and stand up straight, lifting your hands in front of you to eye level. As the sandbag swings back down, bring it to your left side, step back with your right leg, and execute a lunge. Go back and forth until you do 10 reps for each side.





THE BULGARIAN BAG HELPS BUILD ROTATIONAL STRENGTH

A MEDICINE BALL CAN ADD MORE RESISTANCE TO BODYWEIGHT MOVES

## 03

### BULGARIAN BAG

#### WHAT YOU'LL NEED:

- 1 car tire inner tube
- 1 pair of scissors
- 20 to 30 lbs of sand or gravel
- 1 roll of duct tape
- 1 garbage bag
- 2 zip ties
- 2 8-in nylon straps (optional)

#### BUILD IT:

**Step 1:** Place your tire tube (available at surplus tire shops) flat on the floor, and use your scissors to diagonally cut out a portion of it.

**Step 2:** Use a zip tie to seal off one end of the tube. Add duct tape for reinforcement.

**Step 3:** Place a garbage bag into the tube, and then fill it up with sand or gravel.

**Step 4:** Use duct tape to seal off the garbage bag.

**Step 5:** Seal off the other end of the tire tube using a zip tie. Add duct tape for reinforcement.

**Step 6 (optional):** Add handles to help you grip the Bulgarian bag by taking one nylon strap and duct-taping its ends to one end of the bag. Do the same for the bag's opposite end.

#### USE IT FOR: AROUND THE WORLD PASS

"You can use the Bulgarian bag the same way as a sandbag," says Makalintal. Do this move to work your core, shoulders, and arms. Perform three sets of 10 reps per side.

**[A]** Hold each end of the bag with your hands in front of your thighs.

**[B]** Shift your weight to your left leg, and swing the bag behind your left shoulder, then behind your head, and then behind your right shoulder, making a 360 around your head until it's back to starting position.

**[C]** Complete this movement for 10 revolutions. Do the same in the opposite direction.

## 04

### MEDICINE BALL

#### WHAT YOU'LL NEED:

- 1 basketball
- 1 roll of duct tape
- a funnel
- a pair of scissors
- 10 to 20 lbs of sand

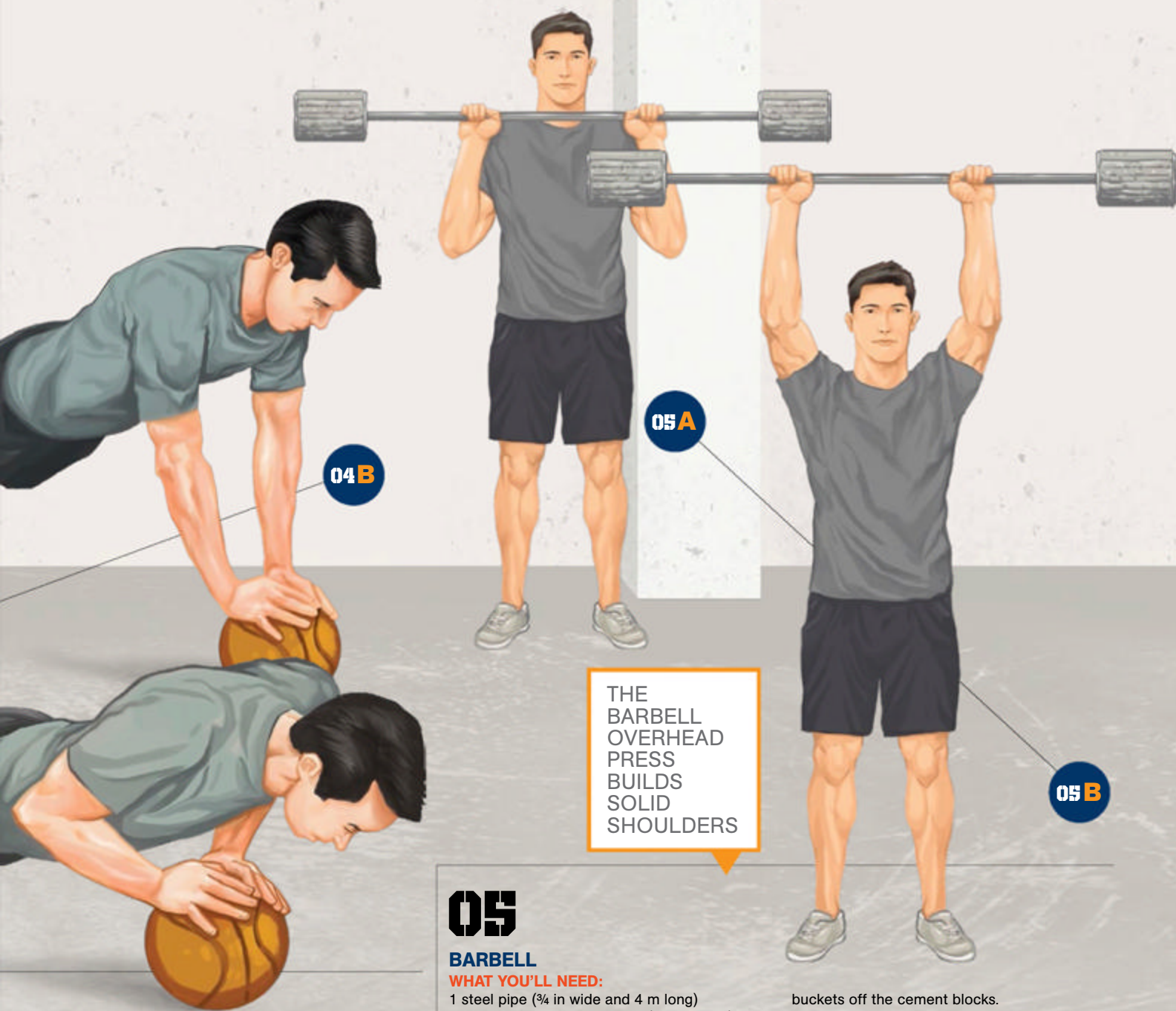
#### BUILD IT:

**Step 1:** Use a pair of scissors to puncture a hole in the basketball. The hole should be big enough to fit the tip of the funnel.

**Step 2:** Place the funnel inside the hole and pour the sand into it, filling up the ball.

**Step 3:** Once the ball is full of sand, weigh it to make sure it's as heavy as you want it to be. Seal the hole using duct tape.





THE  
BARBELL  
OVERHEAD  
PRESS  
BUILDS  
SOLID  
SHOULDERS

## 05

### BARBELL

#### WHAT YOU'LL NEED:

- 1 steel pipe ( $\frac{3}{4}$  in wide and 4 m long)
- 2 4-liter plastic paint buckets (with covers)
- 2 5-kg bags of cement
- 2 liters of water
- 1 cutter

#### BUILD IT:

- Step 1:** Take the bucket's plastic cover and use your cutter to cut a small X in the middle.
- Step 2:** Mix the cement with the water (2:1 ratio) and pour it into the first bucket.
- Step 3:** Place the cover on the bucket and stab one end of your pipe through the X incision until it hits the bottom of the bucket.
- Step 4:** With the cover holding the bar in place, leave the cement to dry for 24 hours.
- Step 5:** After 24 hours, check if the cement is dry. If it is, then do steps 1 to 4 for the opposite side of the bar.
- Step 6:** After 24 hours, check if the cement is dry in the second bucket. If it is, then slip the

buckets off the cement blocks.

#### CHECK ACCURACY:

The makeshift barbell can end up with an imbalance of weight, says Makalintal. Weigh each bucket of cement first before stabbing the pipe into it.

#### USE IT FOR: BARBELL SHOULDER PRESS

"You can do lots of exercise with this tool, from curls to squats," Makalintal shares. This particular move works your deltoids and triceps. Do three sets of 10 reps.

**[A]** Stand holding the barbell in front of your collarbone, elbows by your sides.

**[B]** Press the barbell straight up and above your head. Pause at the top, and then slowly lower the barbell back down. That's one rep. ■

#### USE IT FOR: MEDICINE BALL PUSH-UPS

This makeshift ball might not hold if you toss or slam it, but it can still be used to add a twist to bodyweight and lifting exercises. Makalintal recommends doing three sets of 10 reps of this exercise, which will give your core and arms an added challenge.

**[A]** Assume the push-up position, but with both hands resting on the medicine ball positioned just under your chest.

**[B]** Bend your arms and lower your body until your chest is close to the ball, and then push back up to return to starting position.

#### COACH'S TIP:

If you have wrist problems, be careful—your hands might slip off the ball, cautions Makalintal.





# PUSH IT REAL GOOD

MASTERING THE CLASSIC PUSH-UP GOES A LONG WAY IN HELPING YOU BUILD MORE MUSCLE. MAKE EACH REP COUNT WITH OUR PROGRESSIVE GUIDE

BY FERDINAND MANABAT • PHOTOGRAPHS BY DIX PEREZ

**SOMETIMES, WORKING OUT SEEMS** like a complicated chore. That's when excuses like lack of time, equipment, and gear come out. But really, you can easily keep fit with just your bodyweight and a bit of floor space by doing the classic yet ever-challenging push-up. Think Derek Ramsay and his infamous 100-push-ups-a-day routine.

Often taken for granted, the push-up develops your upper-body strength and endurance. It also improves your core stability, increases your bone mass, and boosts your metabolic rate. If you're looking to add a bit of width, the move helps produce human growth hormones that are crucial in building solid muscle, too.

Most people tend to do the push-up incorrectly, though. And poor form, posture, and volume of reps can make it unsafe. Because standard push-ups entail lifting about 75 percent of your bodyweight, proper execution and form are crucial to keep it effective. Correct your mistakes by following these cues.

## PLANK FIRST

Before you can bust out more reps on the floor, you must first master the plank. "Planks will ensure that you build the core and shoulder stability needed to execute the full-range-of-motion push-ups," writes BJ Gaddour, c.s.c.s., in *Your Body is Your Barbell*. Here are a few pointers to nailing the perfect plank form.

- The proper plank starts with you facing downward on the floor, your hands flat against the surface and positioned slightly wider than shoulder width apart, and your arms straight. Keep your feet close together, and make sure your wrists, elbows, and shoulders are aligned.

- From side view, a diagonal line should be established from your heel all the way to your head. You can do this by keeping your legs straight in such a way that you can feel the weight on your toes. Your hips should be stable, so tighten your glutes and pelvic area while contracting your midsection. This way, you're keeping your spine neutral—the safest position for it in almost all daily activities.

## GO LOW SAFELY

While maintaining the neutral position of your spine on a plank, steadily lower your body to the floor by slowly bending your elbows. Pause for a second when your chest almost touches the floor, then push back up to the starting position to repeat the sequence. Proper form should always be maintained to keep this resistance exercise safe and effective.



01

## QUADRUPED PUSH-UP

**IDEAL FOR:** Those who lack upper-body strength or have back problems.

**DO IT:** **[A]** Start by going down on both hands and knees. Your hands should be slightly wider than shoulder-width apart; maintain the same distance between your knees. Align your hips with your shoulders. **[B]** Slowly bend both elbows until your chest nearly touches the floor. Pause for a second, then push back up to the starting position.



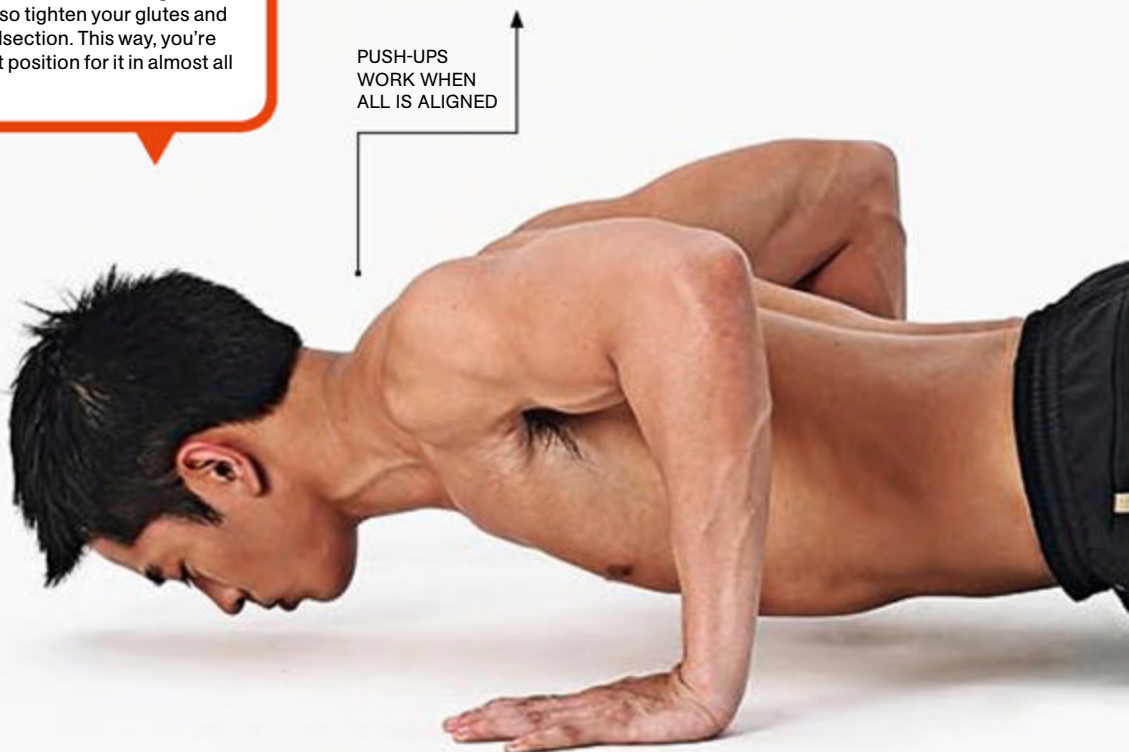
02

## MODIFIED PUSH-UP

**IDEAL FOR:** Those with enough upper-body strength, but not core strength.

**DO IT:** **[A]** Assume the modified plank position with your knees on the floor. Make sure there's a straight line from your knees to your head. **[B]** Slowly bend both elbows until your chest nearly touches the floor. Pause for a second, then push back up to the starting position. If the move gets easy, keep both feet off the floor at all times.

PUSH-UPS  
WORK WHEN  
ALL IS ALIGNED





# THE MH PUSH-UP WORKOUT

Directions: After warming up by holding the plank position for a minute, do any of the push-up variations for five sets of 12 to 15 reps. Rest for 20 to 30 seconds in between each set. The six variations here are listed in increasing order of difficulty. Feel free to mix them up in each of the five sets required.



03

## STANDARD PUSH-UP

**IDEAL FOR:** Those with enough upper body and core strength.

**DO IT:** [A] Assume the plank position, making sure there's a straight line from your heels to your head. [B] Slowly bend both elbows until your chest nearly touches the floor. Keep your elbows as close to your body as possible. Pause for a second, then push back up to the starting position. Too easy? Place a weight plate on your back for added resistance.

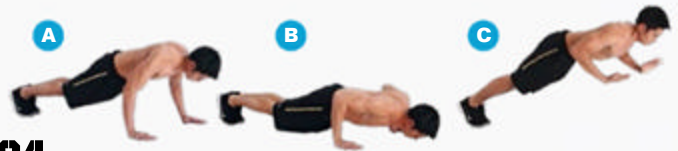


04

## PLYOMETRIC PUSH-UP

**IDEAL FOR:** Those looking to improve their upper-body and core strength.

**DO IT:** [A] Start from the plank position. [B] Slowly lower your body to the floor by bending your elbows. [C] Push yourself up as forcefully as you can until your hands are off the floor.



### PROGRESS WITH PUSH-UPS

Since the push-up is a resistance exercise, a variety of muscle groups are activated from the start to the end of the movement. Actively used are your chest, shoulders, and triceps. Your core muscles are also stabilized because you need to keep them contracted. With all these things going on, you're burning calories with each rep. And the more reps you dish out, the more you burn.

Still, these benefits are wasted if you simply do push-ups without a good program. Exercise physiologist Mary M. Yoke explains in her book *Personal Fitness Training: Theory & Practice* that the body should be challenged beyond what it's used to in order to achieve maximum results. Making the humble push-up more challenging by increasing reps or doing more advanced variations is the next best step. That said, there has to be a balance between upping the difficulty and maintaining good form. For example, 14 properly executed reps is better than 20 reps with your hips sagging.

Moreover, allot enough time between sets and workouts for recovery. Because the push-up is a compound move, it puts a lot of stress on your joints and muscles. Without enough rest, you're setting yourself up for injury. There are also various progressions you can try depending on how strong you are. Check out this month's workout—it not only helps you build muscle, but also tracks your progress based on the difficulty of the push-ups you can do.

05

## SPIDERMAN PUSH-UP

**IDEAL FOR:** Those looking to work on their balance and challenge their upper-body and core strength.

**DO IT:** [A] Assume the full plank position, ensuring proper alignment. [B] Slowly bend both elbows until your chest nearly touches the floor. As you do this, lift your right leg off the floor to the side until your right knee touches your right elbow. Reverse the motion, then repeat everything on your left leg.

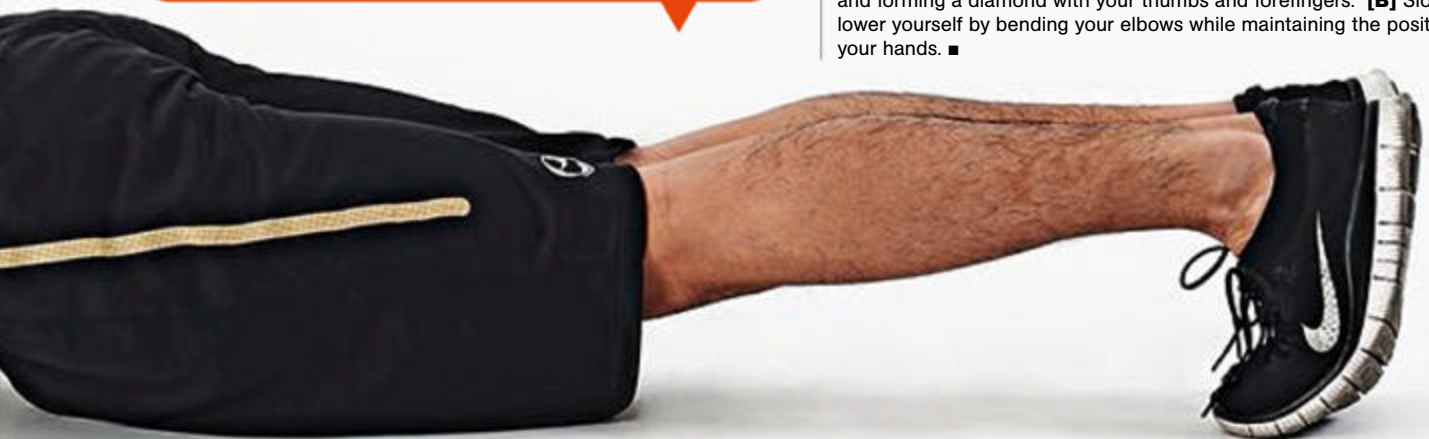


06

## DIAMOND PUSH-UP

**IDEAL FOR:** Those looking to build big arms.

**DO IT:** [A] Assume the plank position with your hands close together and forming a diamond with your thumbs and forefingers. [B] Slowly lower yourself by bending your elbows while maintaining the position of your hands. ■





# One Last Thing™

WHEN NON-SENSE MAKES  
COMMON SENSE

## Words to Leave By

We're always getting pesky demands: "Take out the trash." "Your turn to cook." "Show me your license and registration." Sidestep 'em like a pro.

BY DUANE SWIERCZYNSKI



### GET OUT OF A JAM BY SAYING...

"That's just not going to work for me."

"I'll have to check with the boss."

**"Well, imagine my embarrassment."**

"Are you kidding? C'mon, that was *totally* a car backfiring."

"I want to spend more time with my family."

"All I know is the transplant docs said they needed this Starbucks cup right away."

"That's incense."

"Damn autocorrect. I meant to say your mom is a thriving, back-slapping butch!"

"Wow, sounds cool. You know what else is cool? The fact that Jesus died for your sins. I've got a little cartoon booklet here that tells you all about it..."

**"Sir, pwede na bang umalis?"**

[leaning in close]  
"Wait—you can actually see me?"

"That's because my accountant is using new math."

**"Hi there. My name's Kevin Costner."**

"I invoke my right against self-incrimination."

"Can't right now; I'm doing a cleanse. And I mean right now. You might want to back up."

"She was just helping me find my contact lens. Which somehow just, like, fell through my open fly."

"Nah, no thanks."

"Damn you, mercury retrograde!"  
[shaking fist]

**"Call me Ishmael."**

### YOU'VE SCREWED UP IN PUBLIC

Say this to everyone within ear- and eyeshot. It's meant for minor goofs, like when you accidentally knock your great-aunt's casket off its stand because you front-loaded a bit too much before the wake. You become part of the joke, not the butt of it. If no one's laughing, follow up with "I'm truly sorry and take full responsibility. What I did was wrong." This is your basic four-alarm mea culpa, which is usually reserved for the most serious infractions (e.g., blunders that would get you thrown out of most presidential races).

Your expert: Marianne Dainton, Ph.D., a professor of communication at La Salle University and the author of *Applying Communication Theory for Professional Life*

### YOU'RE DETAINED BY THE COPS

If you're being questioned, ask this early and often. They'll try to duck it. So ask it again. And again. Try to leave and see if they stop you. If you're not free to go, then it's a "custodial interrogation" as opposed to "just asking some questions." That's when you say "I'd like a lawyer, please." With a custodial interrogation, they must read you your rights—which include the right to remain silent. Clam up, immediately after you ask for a lawyer. Remember: If You Don't Talk, You Just Might Walk.

Your expert: J.D. Rhoades, defense attorney and author of the Jack Keller mystery series

### YOUR IDENTITY IS THE ISSUE

Sometimes it isn't the actual lie that matters but how you deliver it. "If you're committed enough, you can make any story work," says Saul Goodman. "I once told a woman I was Kevin Costner, and it worked because I believed it."

Your expert: Bob Odenkirk, star of *Better Call Saul* on AMC

### YOU NEED A LITERARY OUT

Follow the lead of "Bartleby, the Scrivener" and give a curt "I would prefer not to." Or quote *Moby-Dick*: "I try all things; I achieve what I can." If you're still stuck, say, "Me? You got the wrong guy, pal. I told you a million times, call me Ishmael!" (We paraphrased a little.)

Your expert: Herman Melville

ILLUSTRATION BY GARY TAXALI



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# HYDRATION FUELS PERFORMANCE



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